



# DRUG TRENDS IN IOWA

## *PROGRESS, PERIL & PERSEVERANCE*

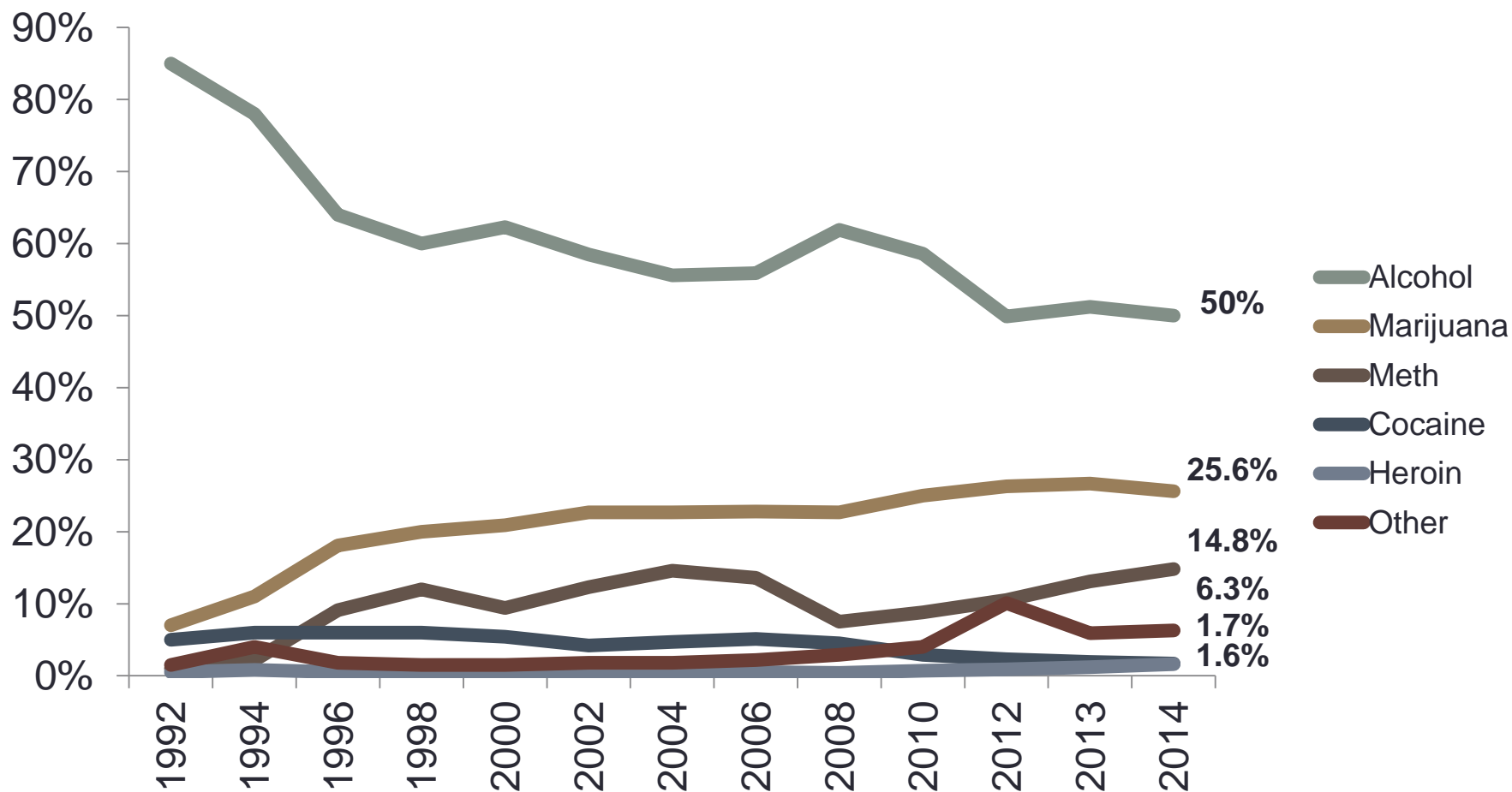
Governor's Office of Drug Control Policy  
July 2015

# Trending in Iowa: Drug Use at a Glance

- 13<sup>th</sup> lowest rate of illicit drug use & 14<sup>th</sup> lowest rate of Rx abuse in US.  
(NSDUH, 2012-2013)
- Youth substance abuse declined steadily over last decade.  
(IYS, 2014)
- Meth labs down 90% vs. peak of 10 years ago (155 vs. 1,500).  
(IDPS, 2014)
- Meth use treatment rate 11<sup>th</sup> highest in US.  
(TEDS, 2012)
- Underage & binge drinking exceed national average.  
(NSDUH, 2012-2013)
- OD deaths from Rx drugs (heroin too) at all time highs. Medicine misuse/abuse fastest growing form of substance abuse.  
(ODCP, 2015)
- Marijuana “concentrates” are becoming more prevalent.  
(ODCP, 2015)
- Synthetic drugs are new & changing threat.  
(ODCP/IPCC 2014)

# Drugs of Choice: All Iowans

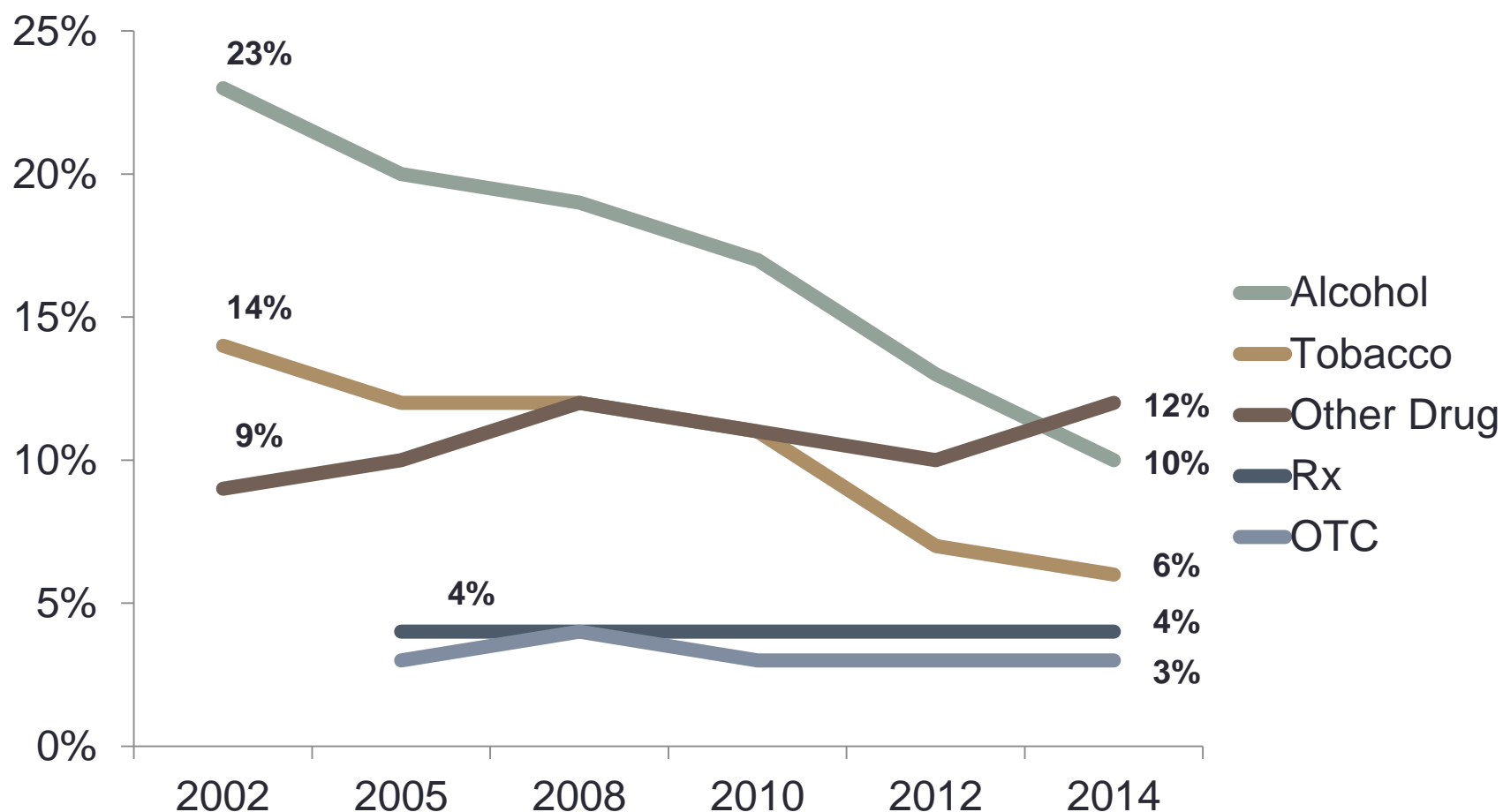
Primary Substance of Choice by Iowans in Treatment



IDPH, 2014

# Iowa Youth Substance Abuse

6<sup>th</sup>, 8<sup>th</sup> and 10<sup>th</sup> Grade Users, Last 30-Days



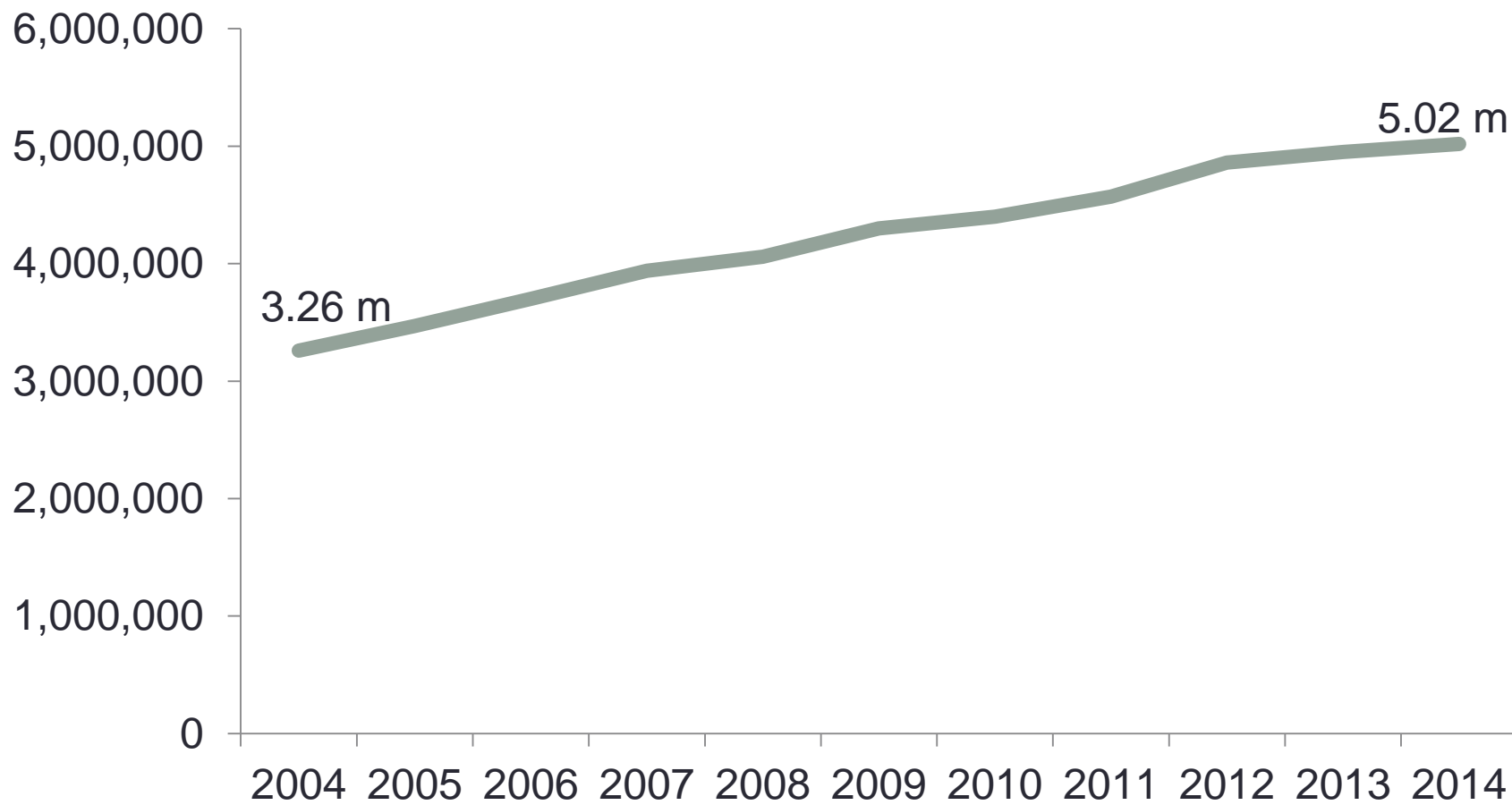
Iowa Youth Survey, 2014

# Alcohol



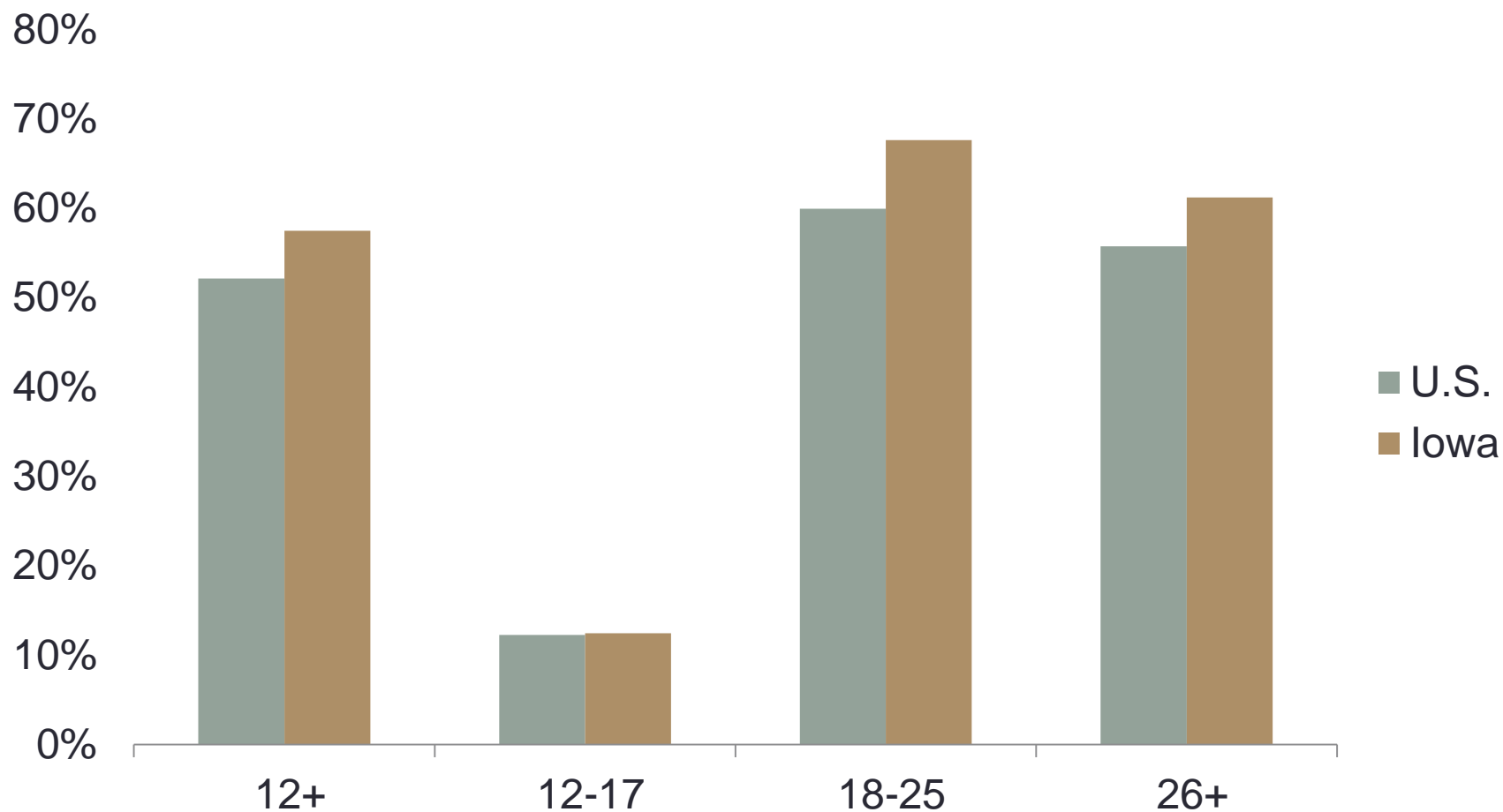
# Iowa Annual Distilled Spirits Sales

Millions of Gallons Sold to Adults



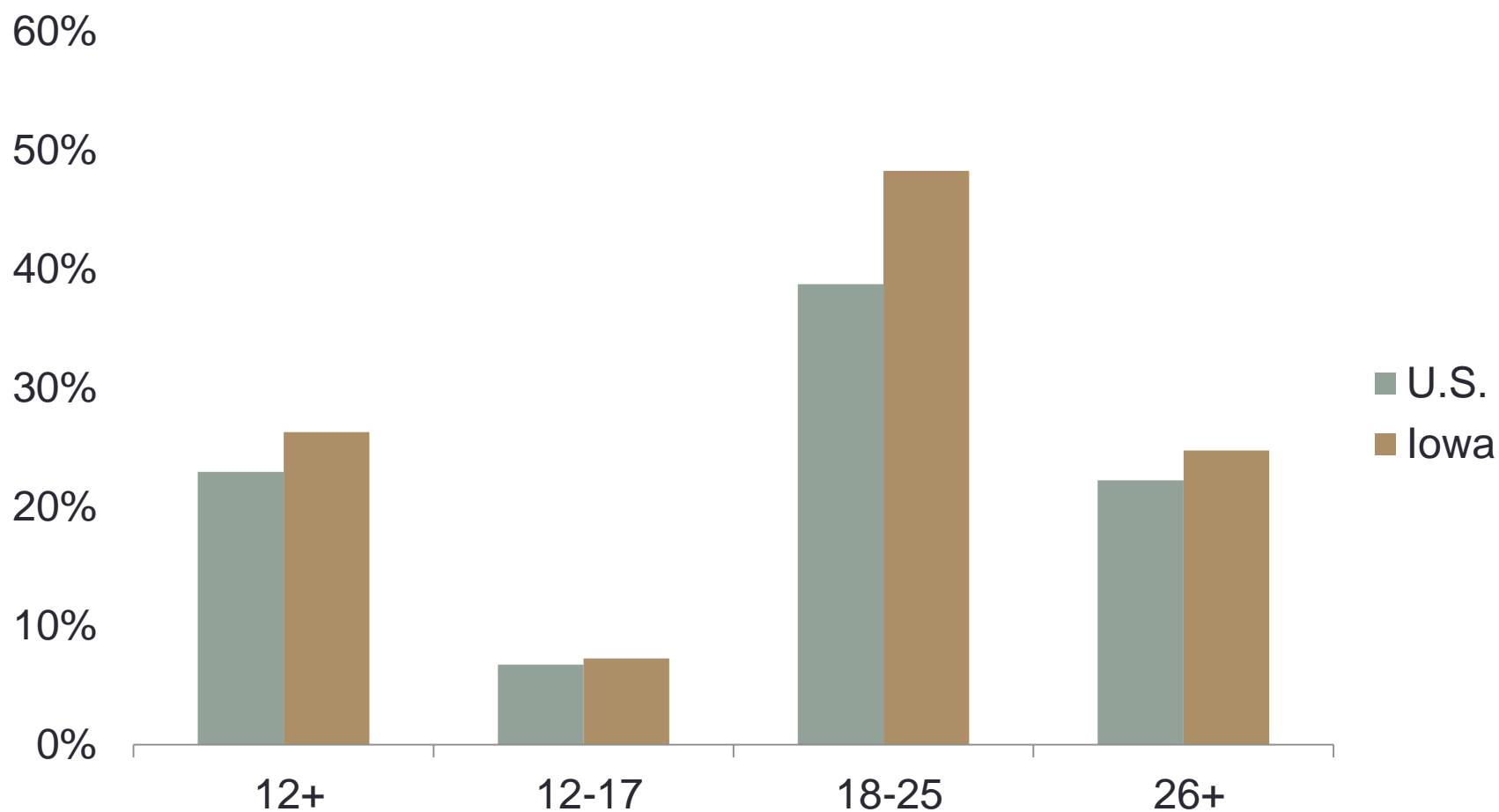
# Current Alcohol Use

Last 30-Days



NSDUH, 2012/2013

# Current Binge Drinking Last 30-Days



NSDUH, 2012/2013



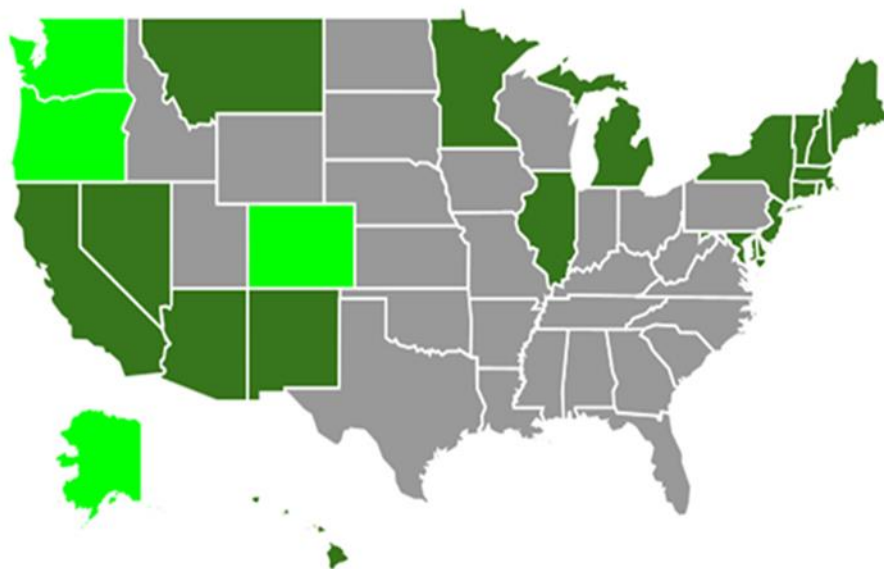


# Marijuana

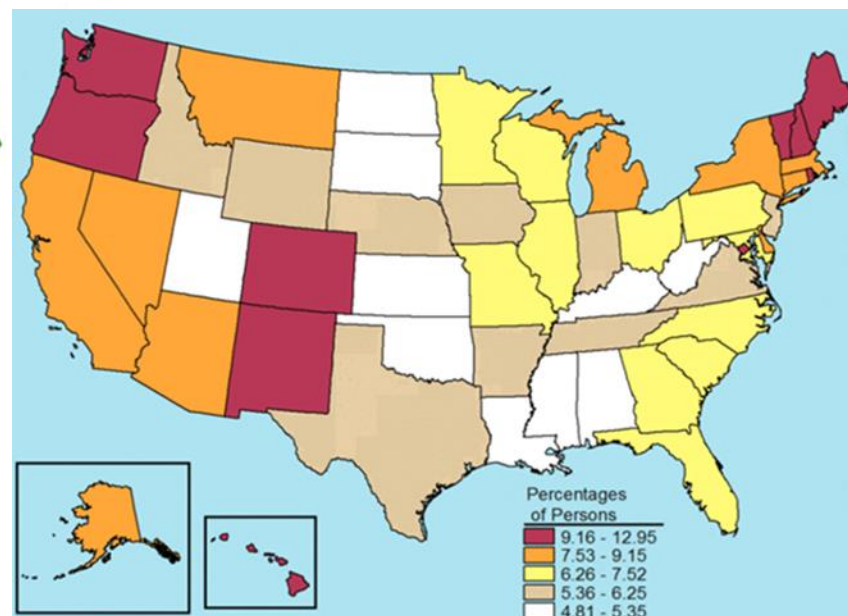
# Marijuana Laws & Use by Teens

## by State

“Medical” & “Recreational” Marijuana Laws  
(2015 Governing.com)



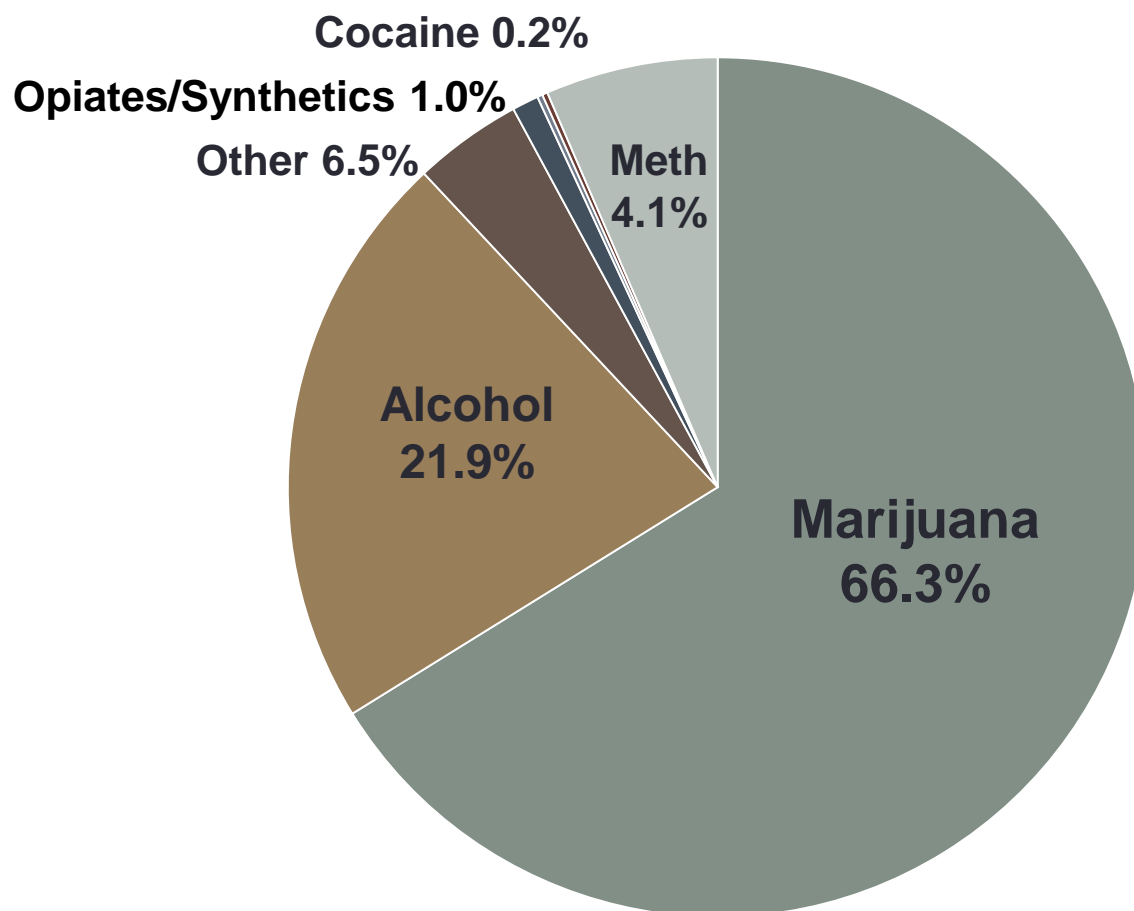
Past Month Use by 12-17 Year Olds  
(2012-2013 NSDUH)



Dark Green = “Medical” marijuana (23 & DC)  
 Light Green = “Medical” & “Recreational” marijuana (4)  
 Not Shown: Low THC non-psychoactive “CBD” oils (15)

# Iowa Youth Drugs of Choice

Primary Substance by Juvenile Clients Entering Treatment

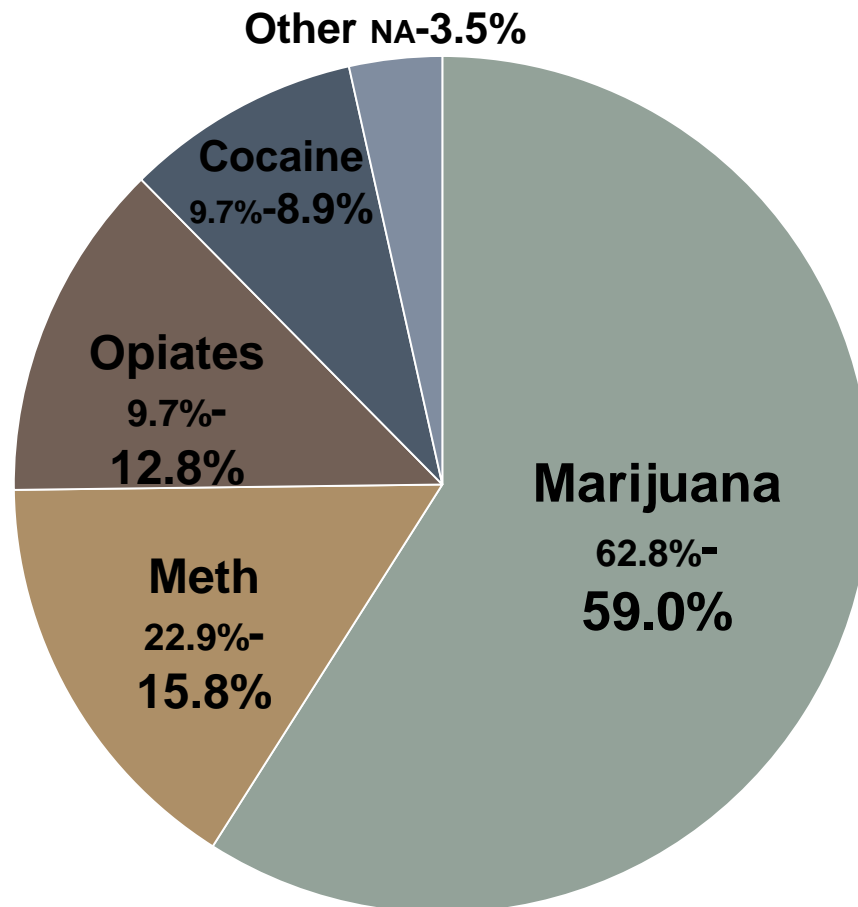


# Iowa's Workplace

## Positive Drug Tests Reported 2002-2011

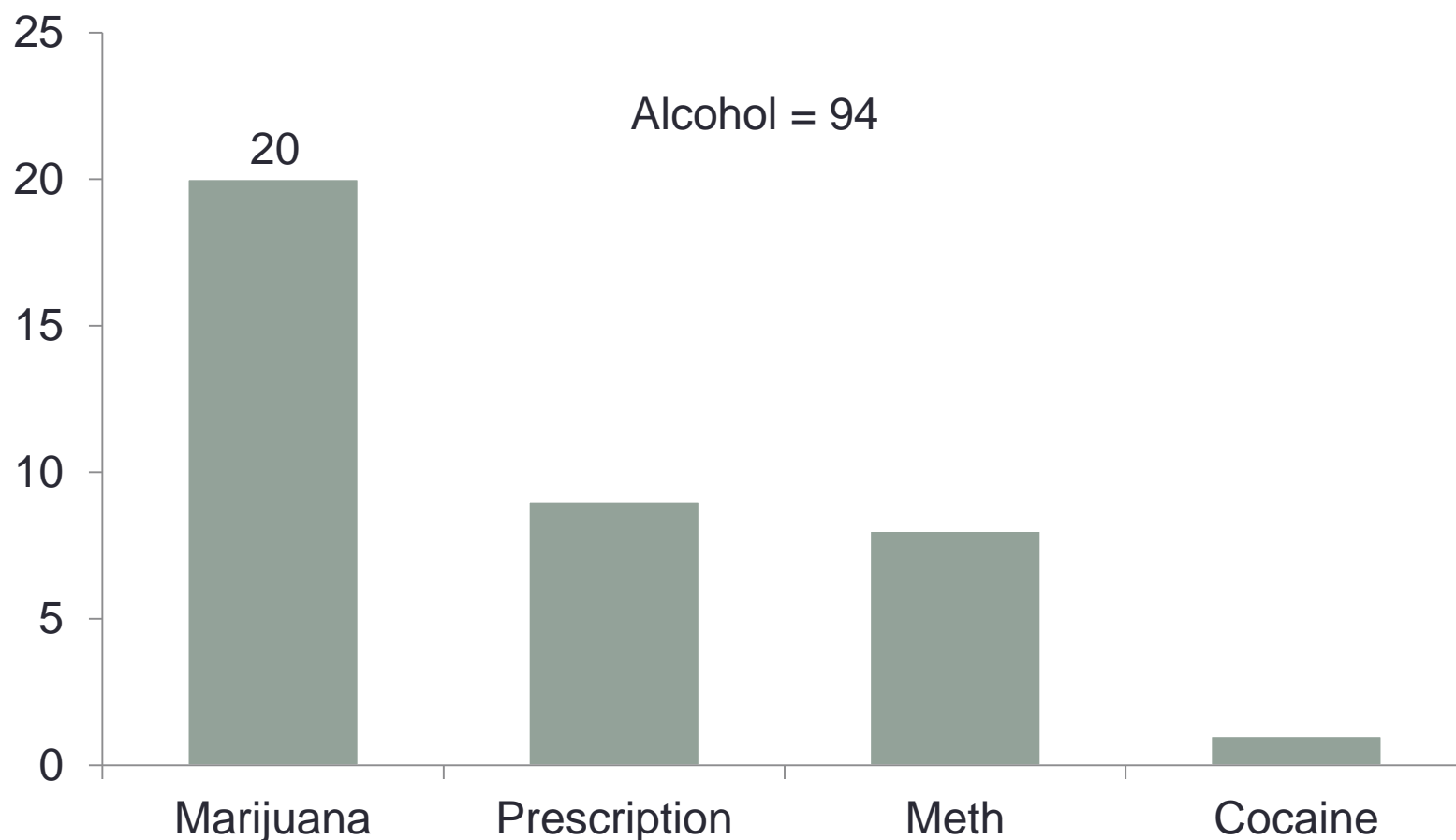
For the 1<sup>st</sup> time in 10 years, positive drug tests among U.S. workers increased in 2013. Marijuana was detected in 6.2% more drug tests nationally, but the rate of increase was 20% in Colorado & 23% in Washington State.

2014 Quest Diagnostics



# Iowa Drug-Related Traffic Fatalities

Number Killed in 2013 Who Tested Positive for Illicit Drugs

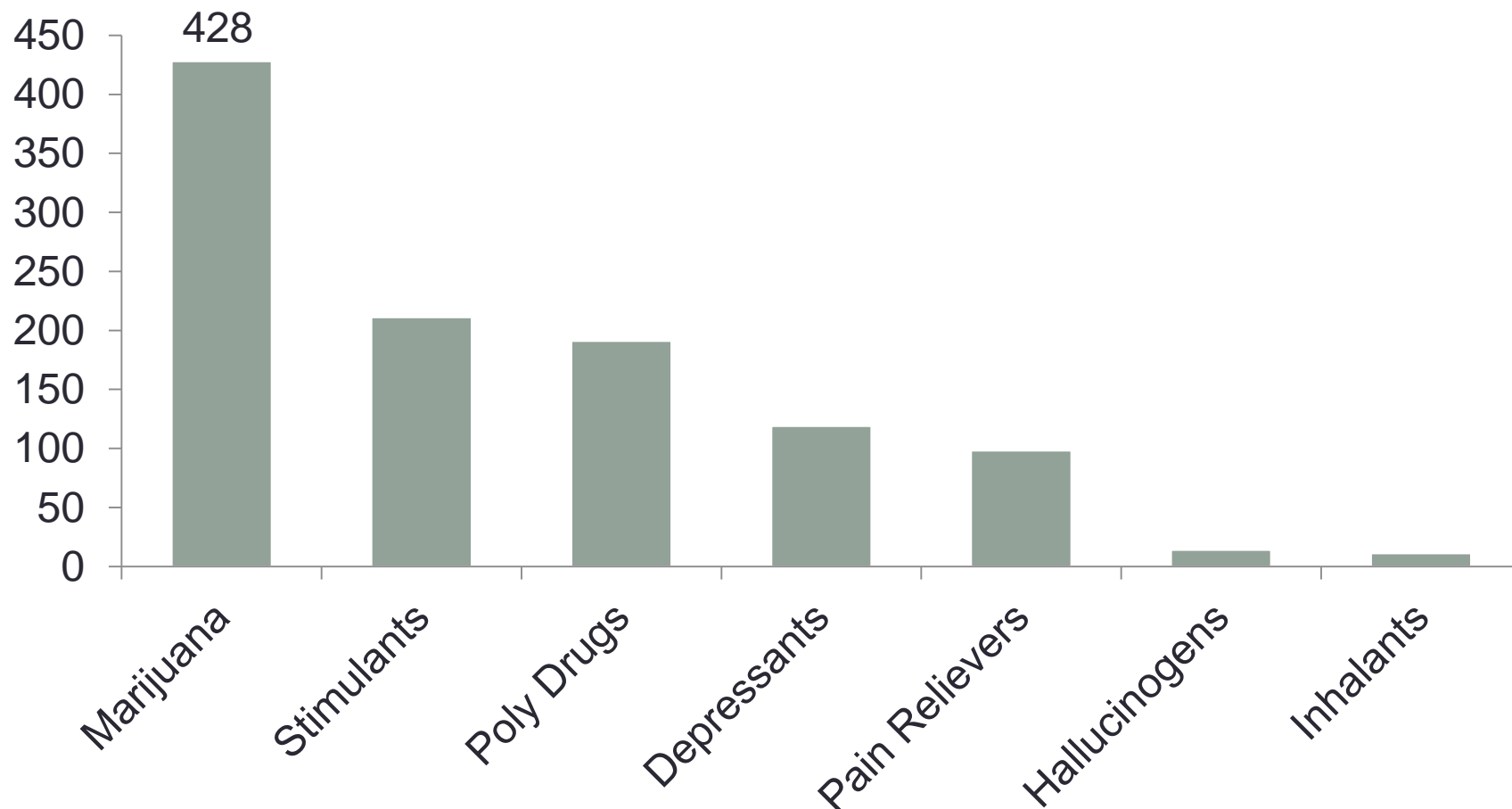


(21 had drugs & alcohol in their system. 19 were solely drug-related.)

IDOT, 2013

# Iowa Drug-Impaired Driving

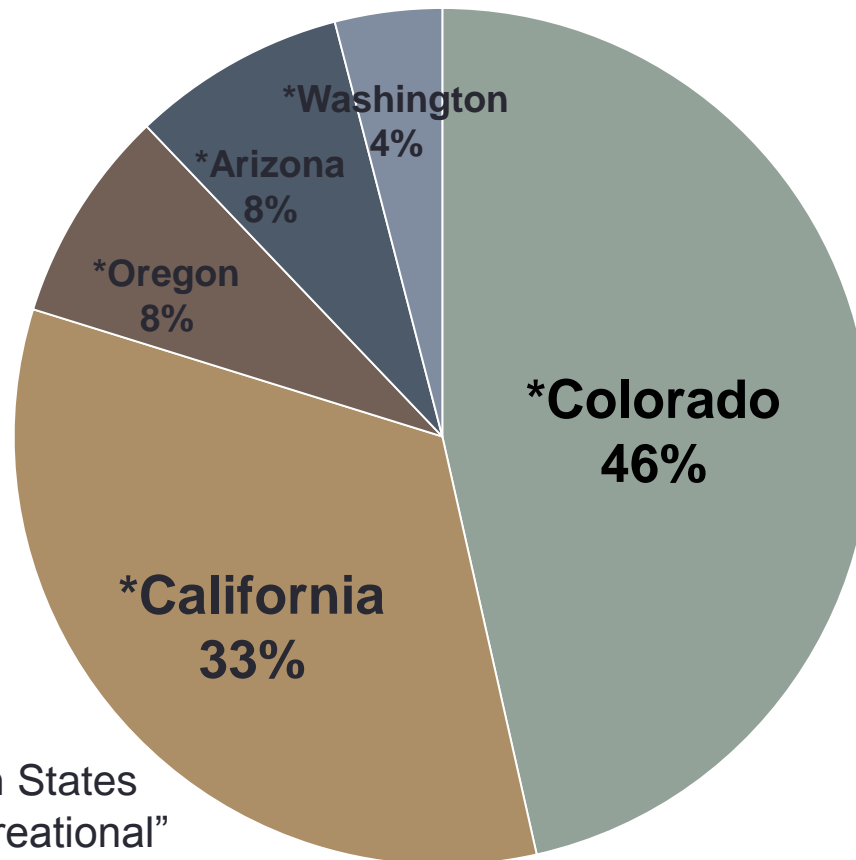
## 2014 Non-Alcohol Evaluations by Drug Recognition Experts



IDPS, 2014

# Source of Marijuana Seized in Iowa

## 2014 Iowa State Patrol Significant Highway Interdictions

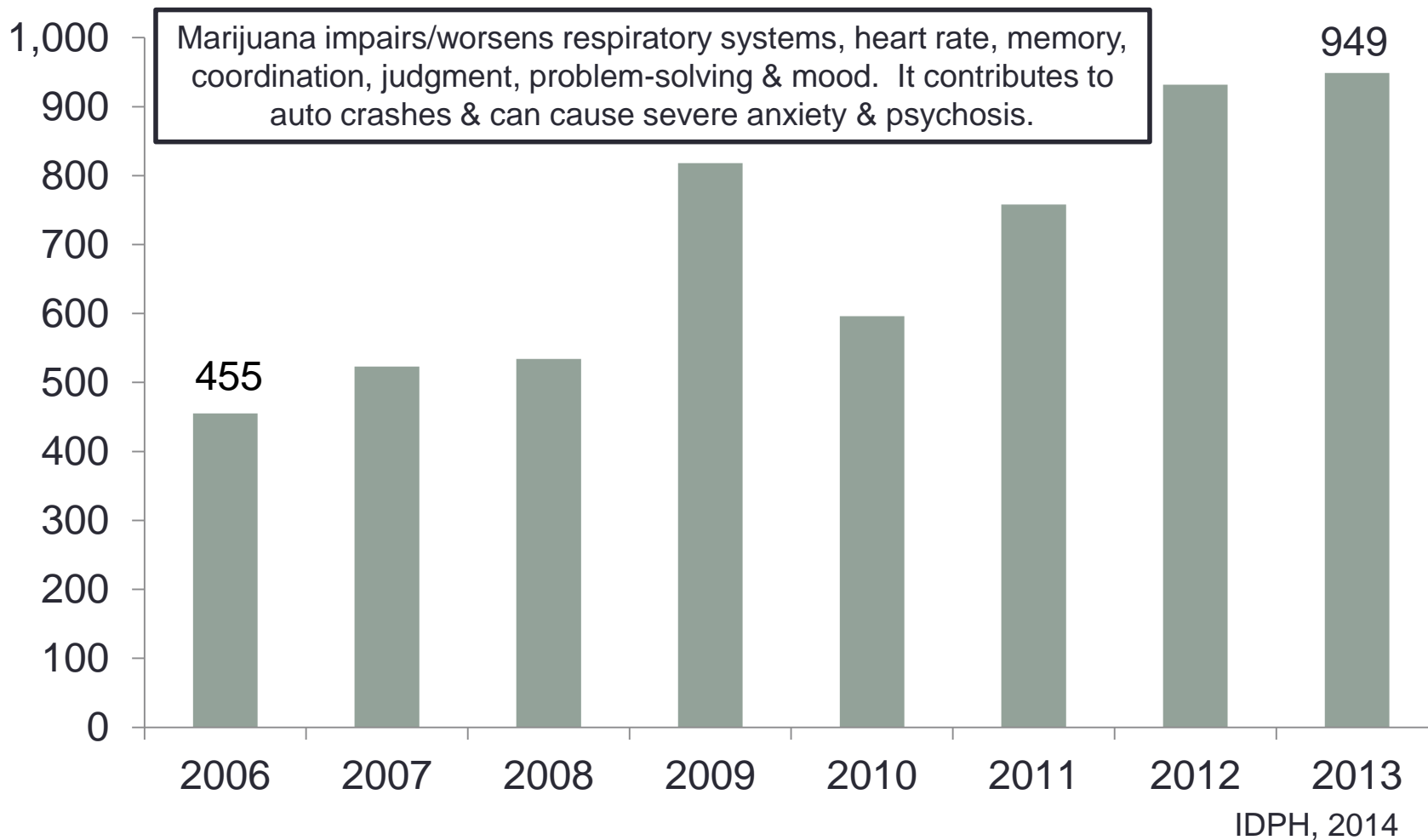


\*All 24 Seizures from States  
with "Medical" or "Recreational"  
Marijuana Laws

IDPS, 2014

# Iowa Marijuana ER Visits

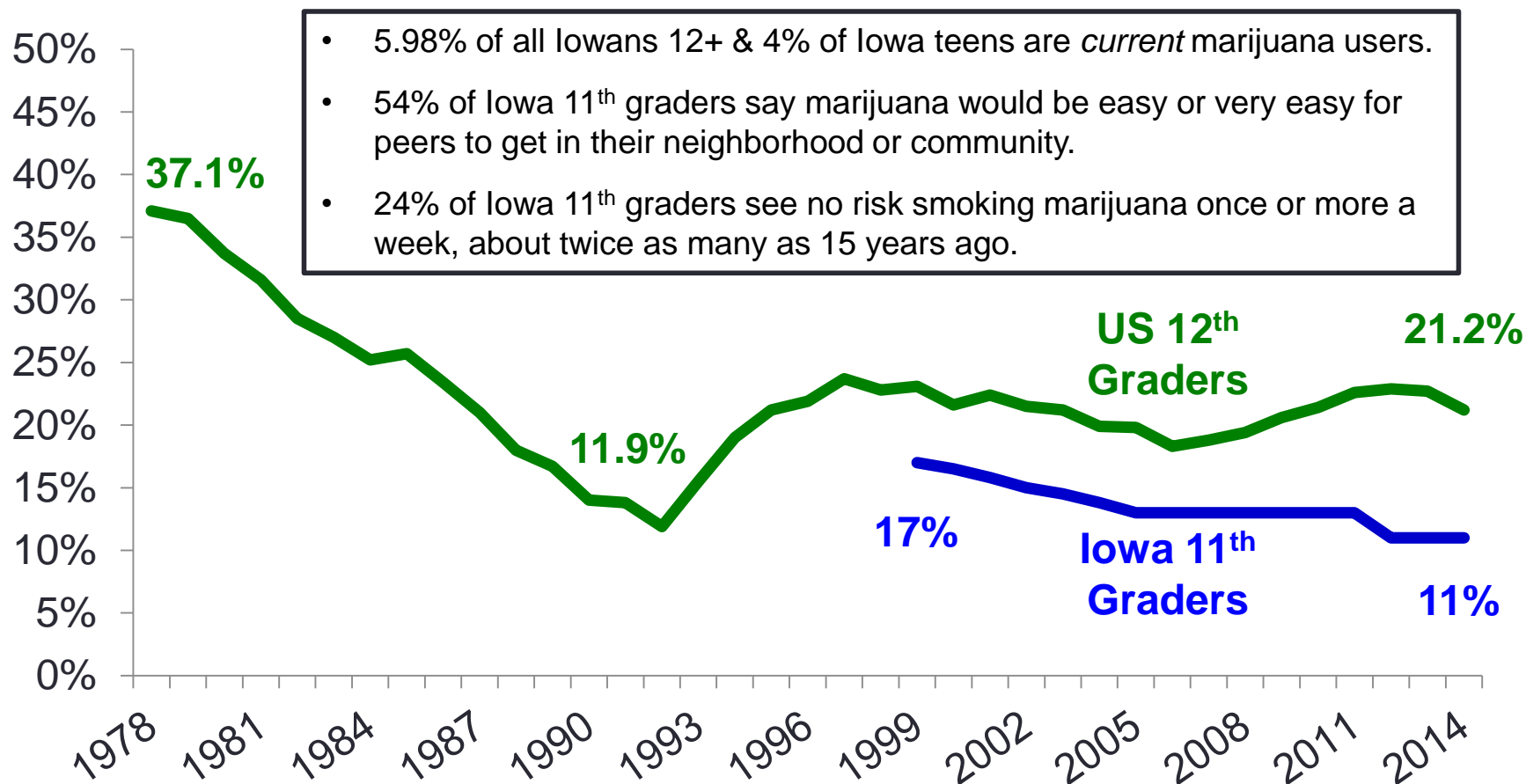
## Marijuana Use as Causal or Contributing Factor





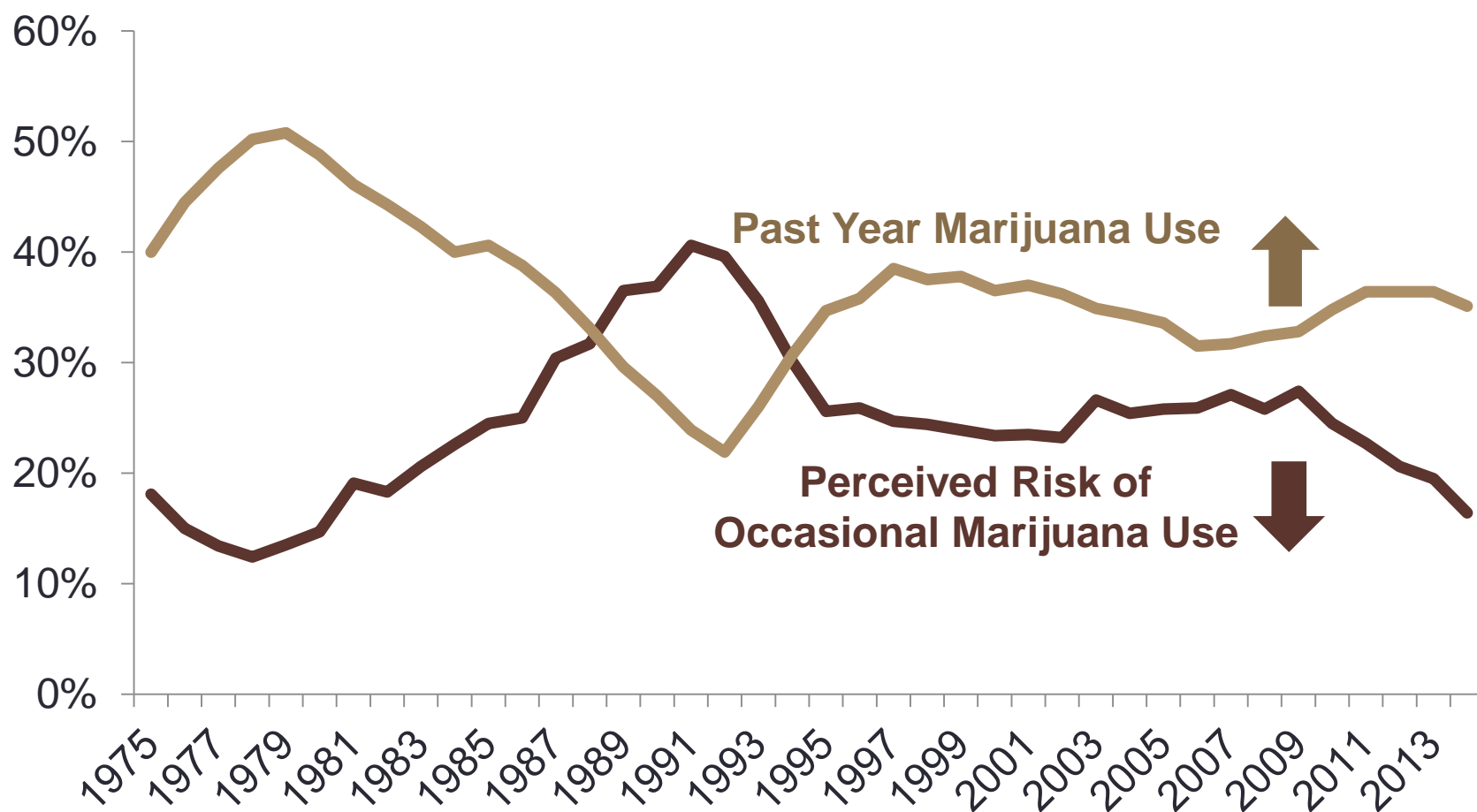
# Current Youth Marijuana Use

Past 30 Days: U.S. vs. Iowa



# Youth Marijuana Attitudes vs. Use

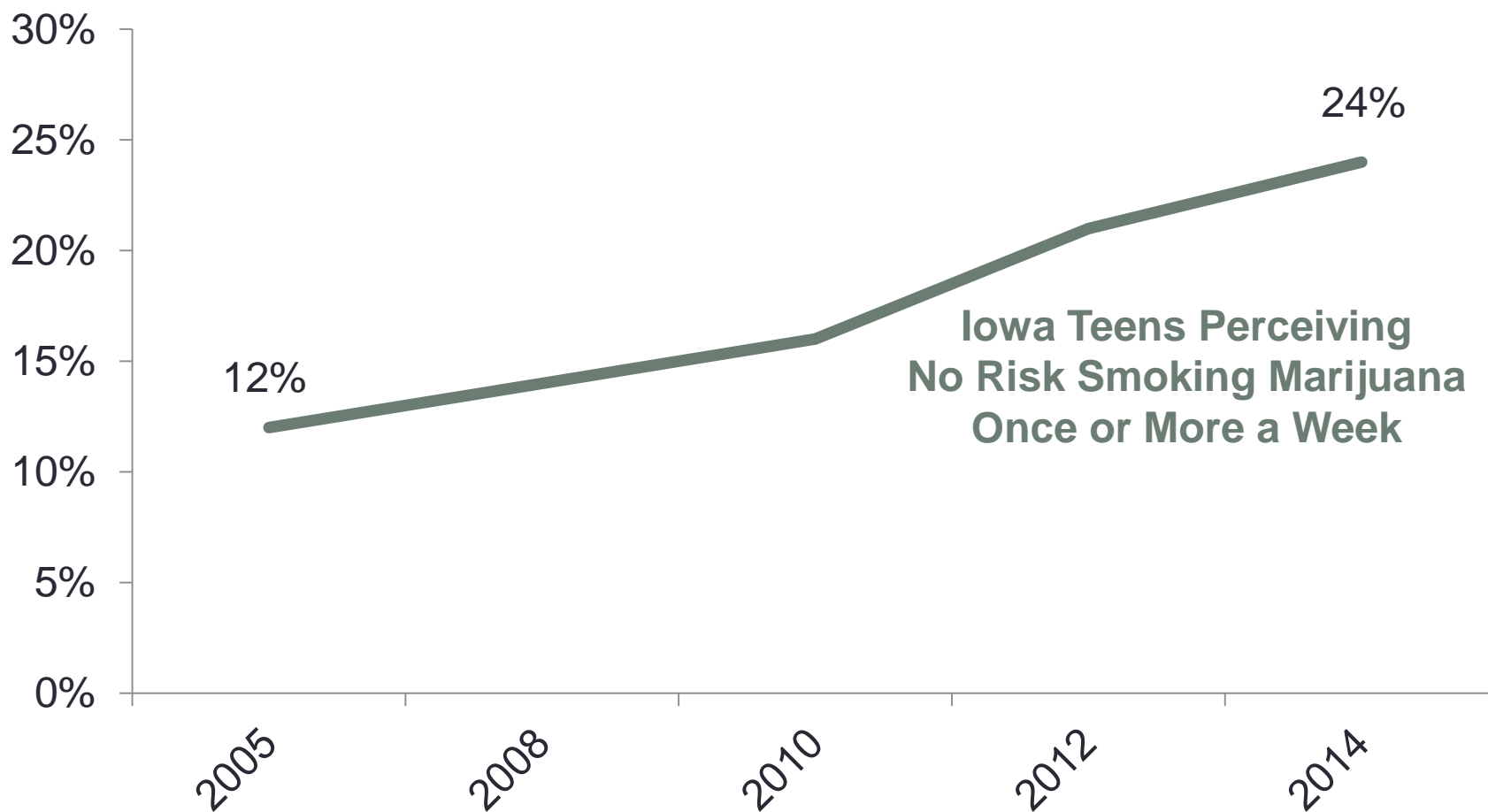
Among U.S. 12<sup>th</sup> Graders



Monitoring the Future Survey, 2014

# Youth Marijuana Attitudes

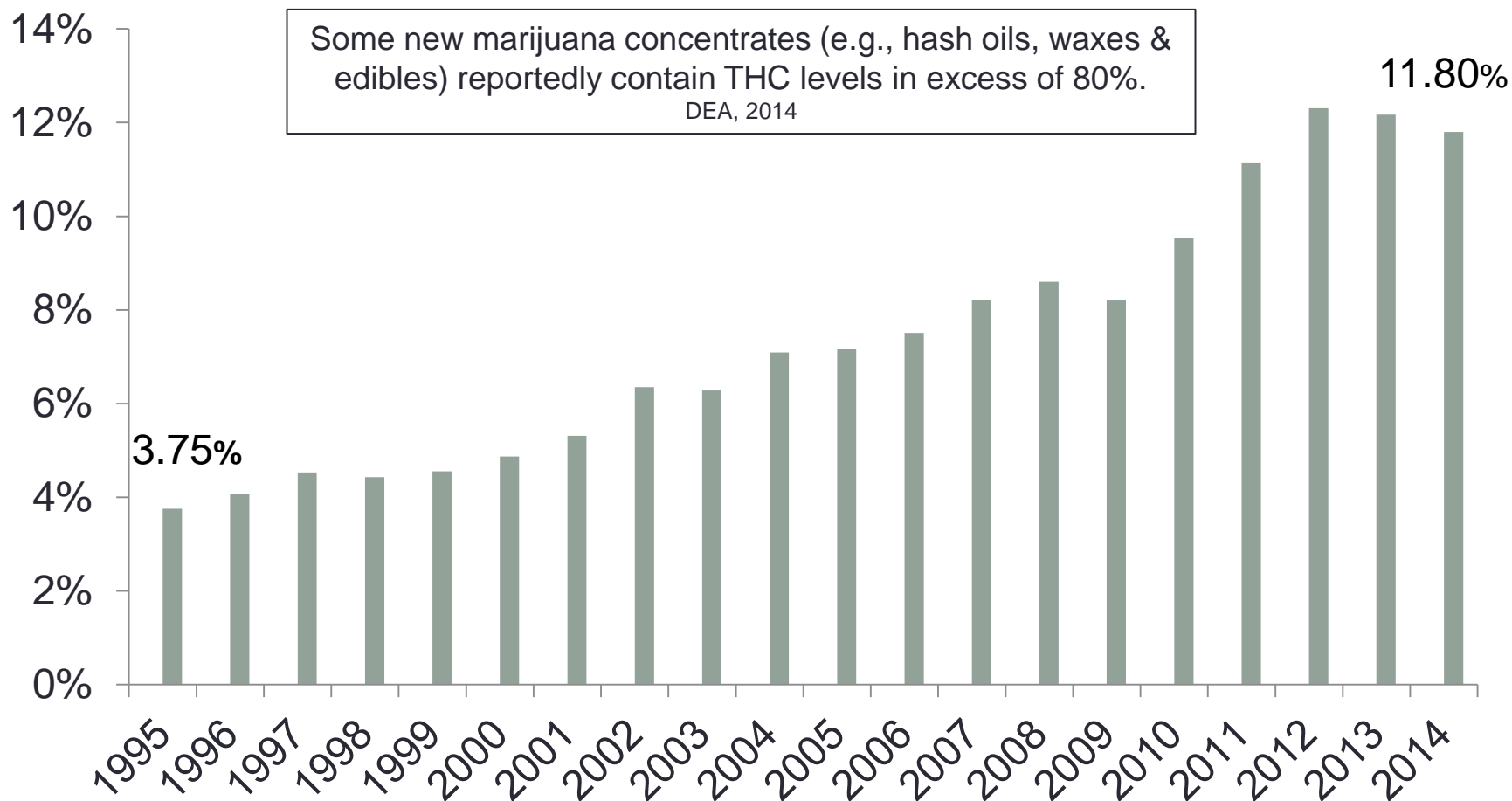
Among Iowa 11<sup>th</sup> Graders



Iowa Youth Survey, 2014

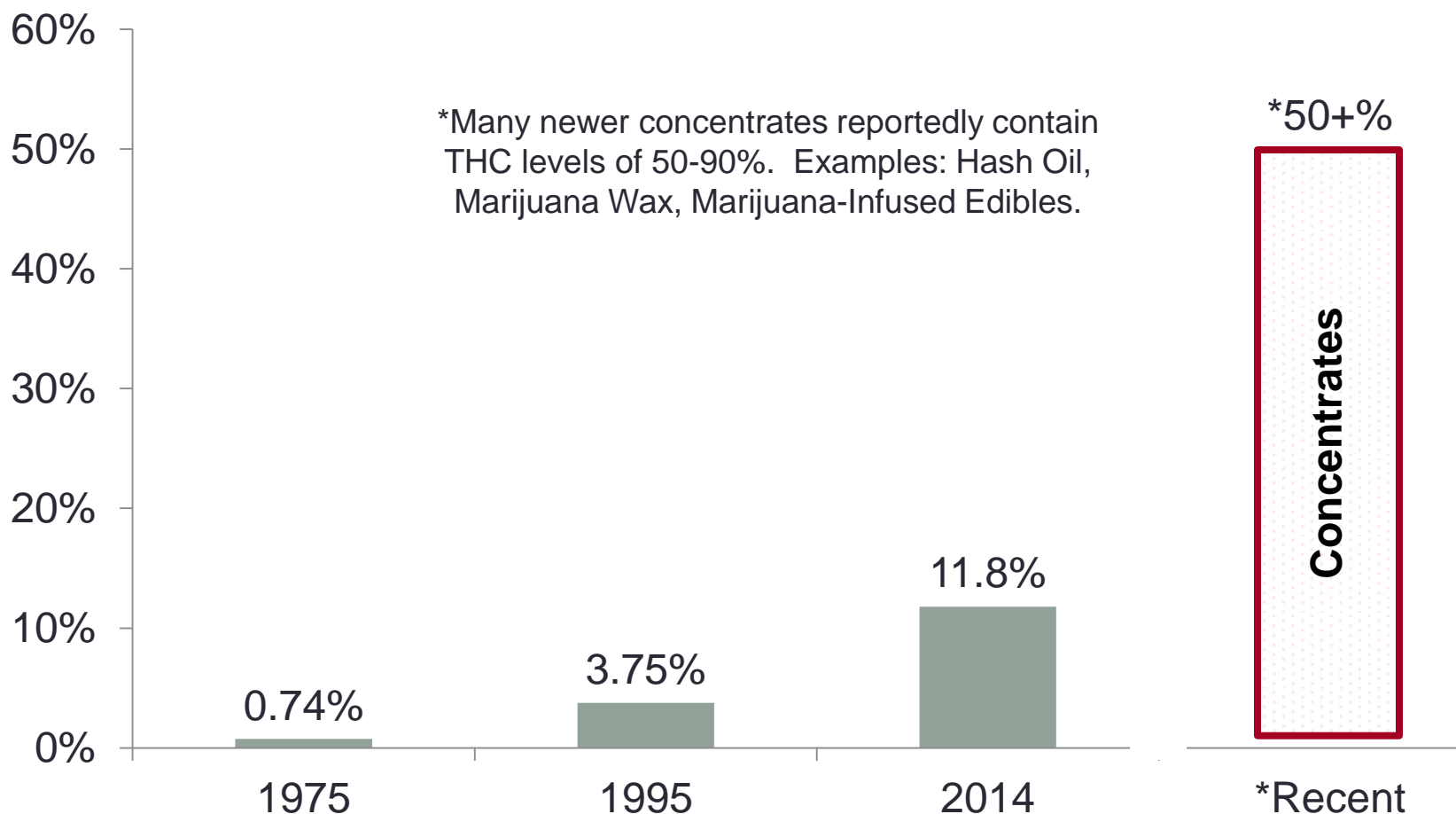
# Increased THC Potency

## Marijuana Seized in U.S.



# Marijuana's Increasing Potency

## U.S. Seizures, Concentration of THC by % of Weight



Source: NIDA & DEA

# New Marijuana

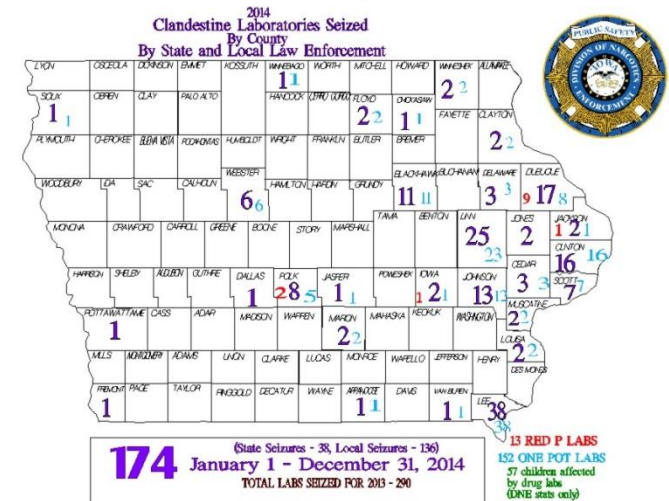
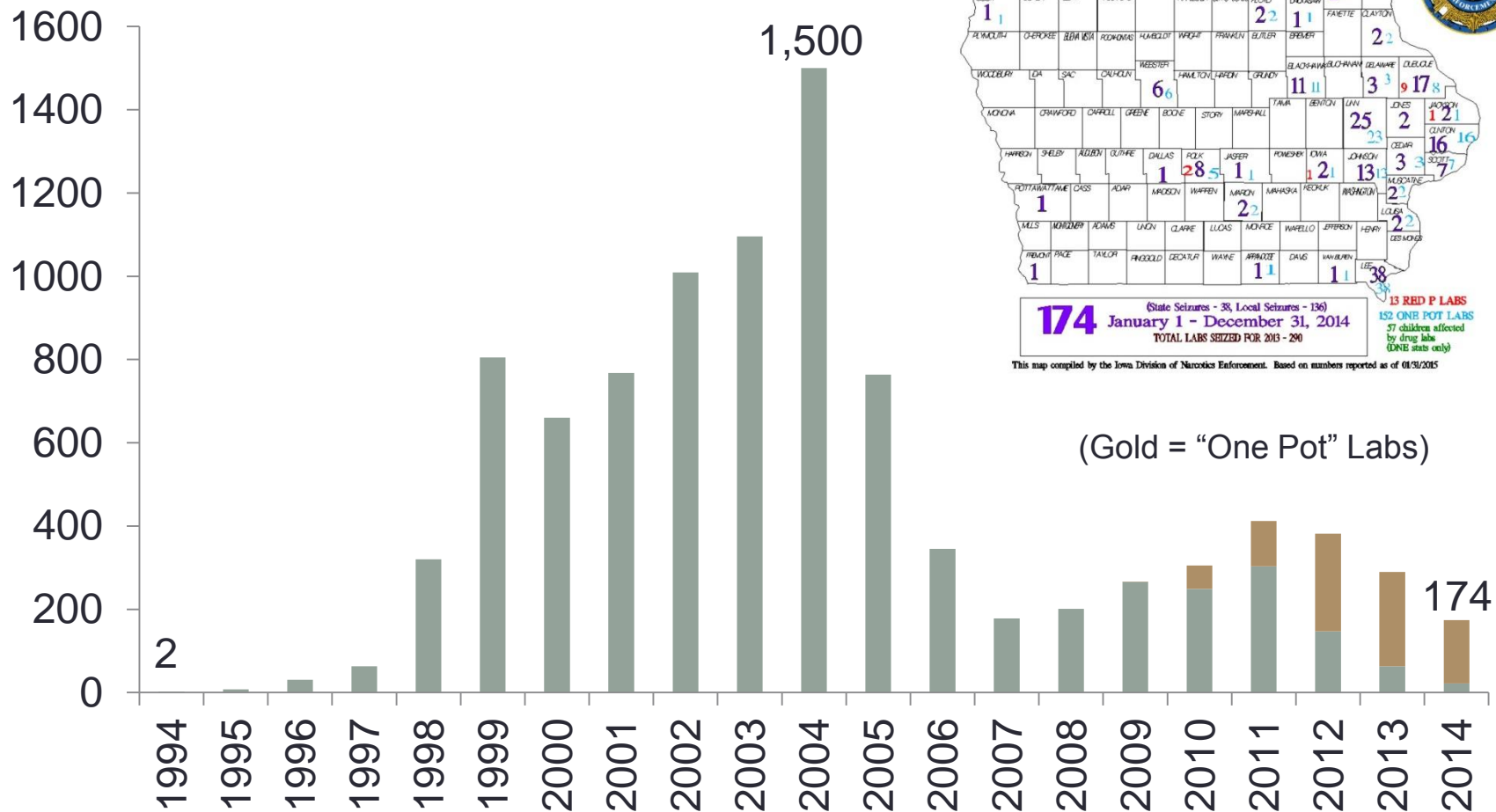
## Examples of High THC Concentrates Found in Iowa



# Meth



# Iowa Meth Labs



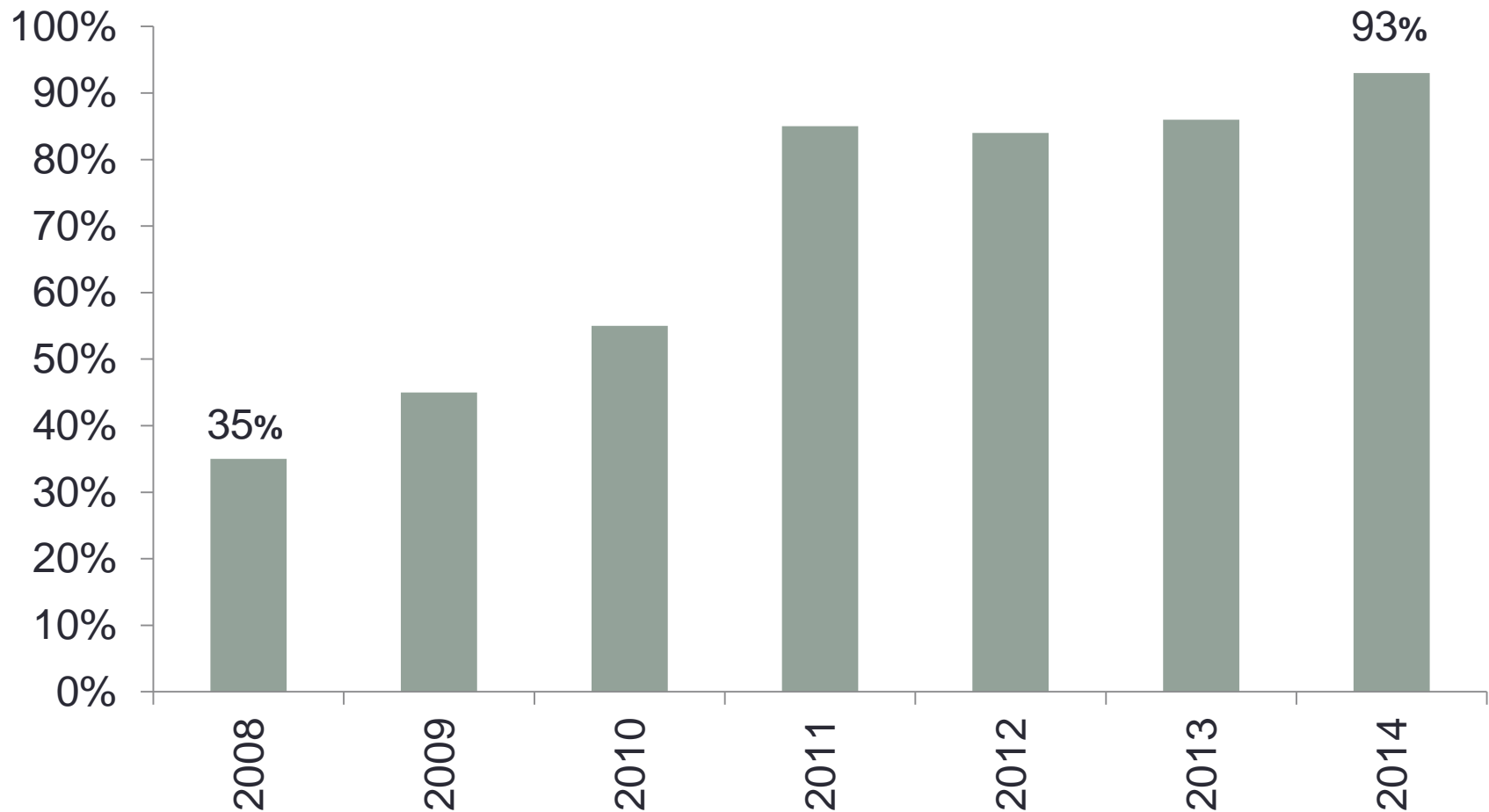
(Gold = "One Pot" Labs)

IDPS, 2014

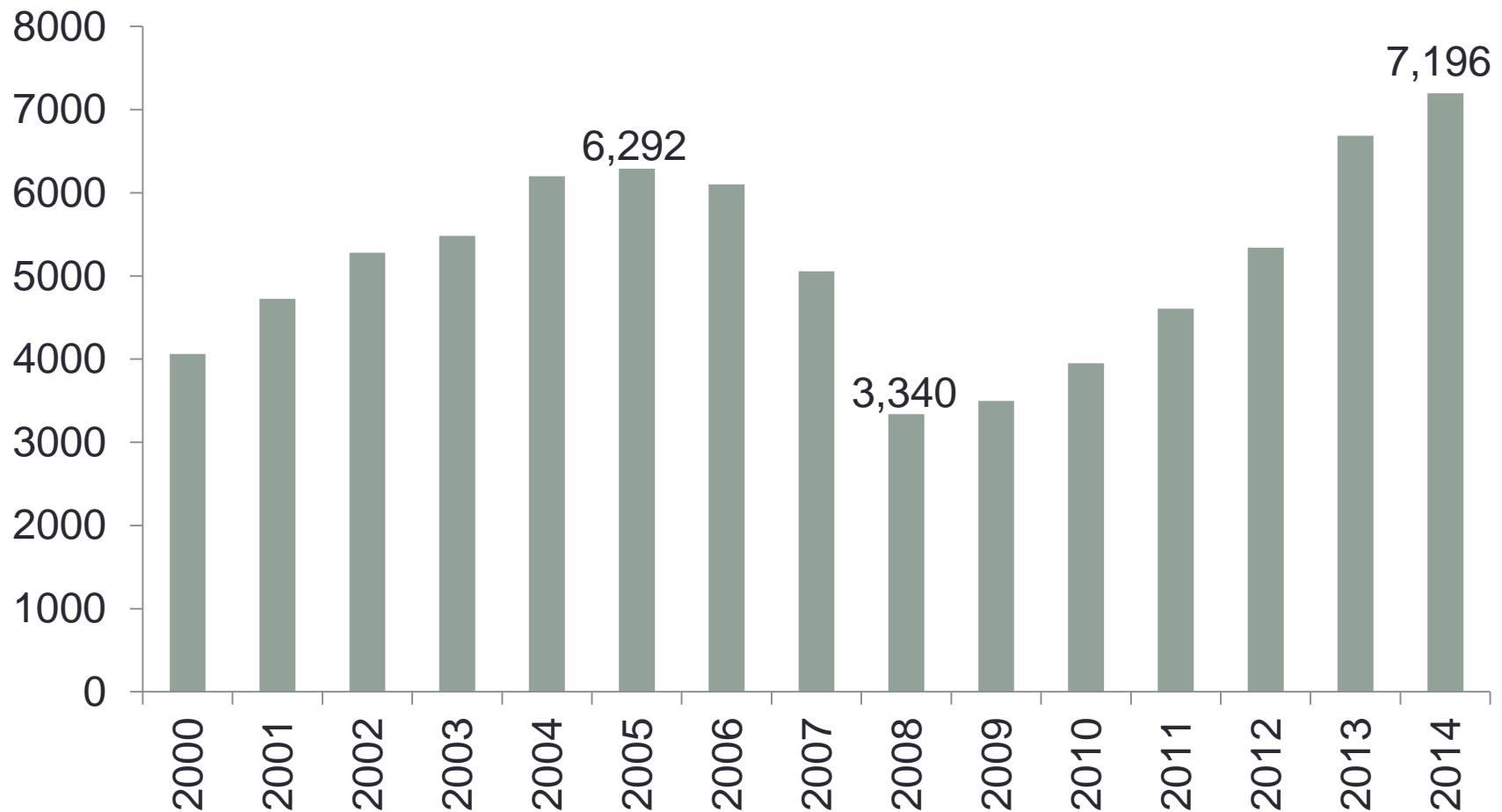


# Iowa Meth Purity

## Crime Lab Fiscal Year Averages



# Iowa Meth Treatment Admissions



# Rate of Meth Treatment

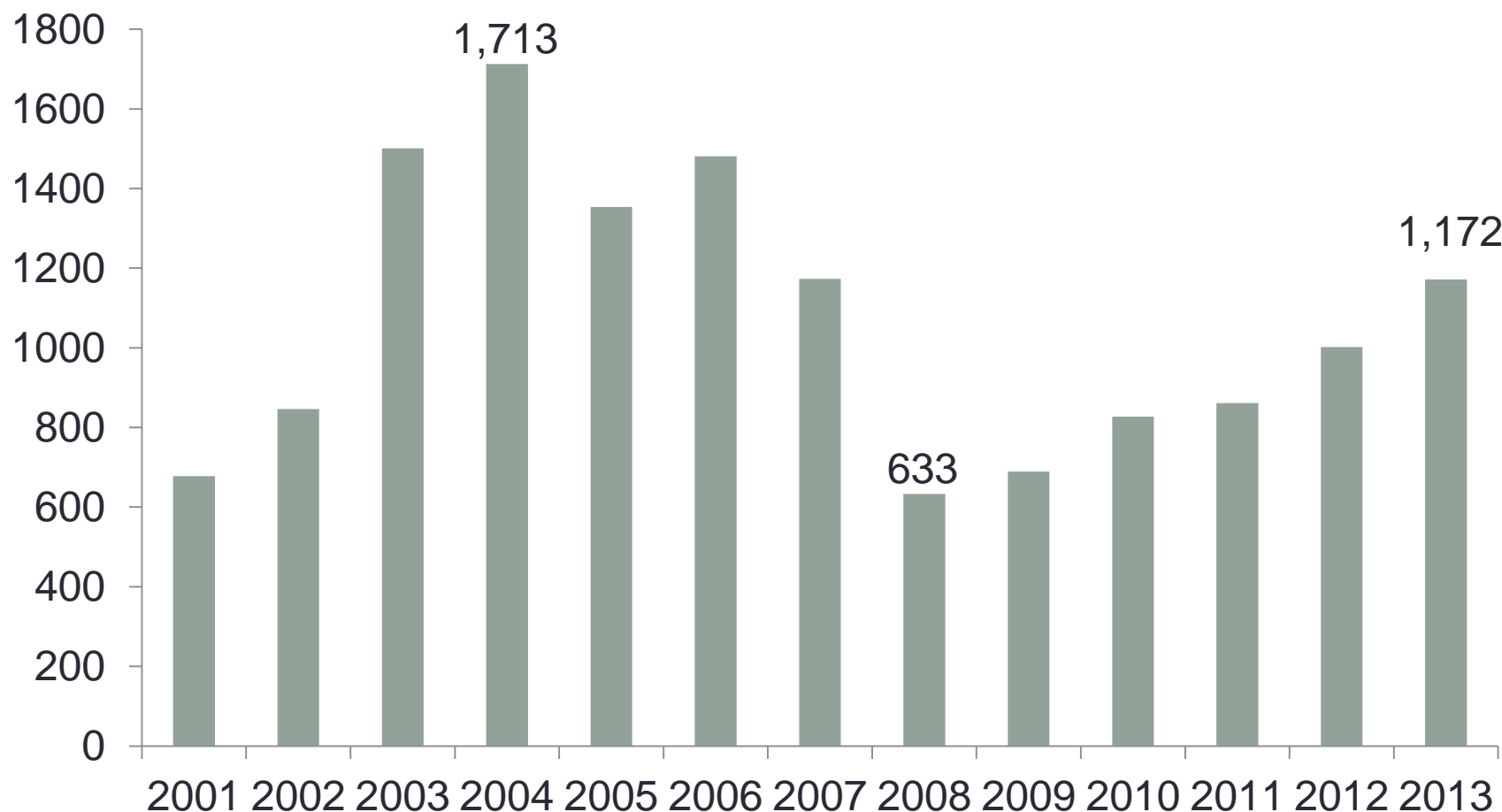
% of 12+ Substance Abuse Treatment Admissions Primarily for Meth



TEDS, 2012

# Iowa Drug-Related Child Abuse

Confirmed/Founded Cases: Illegal Drugs in a Child's Body



# Opioid & Rx Abuse



# Types of Medicines Abused

- Opioids (\*Pain Relievers)
  - OxyContin®, Vicodin®, Percocet®



- Stimulants
  - Ritalin®, Adderall®, Sudafed®



- Anti-Anxieties
  - Xanax®, Valium®



- Anti-Depressants
  - Prozac®, Zoloft®



- Sedatives
  - Rohypnol®, Nembutal®, Seconal®

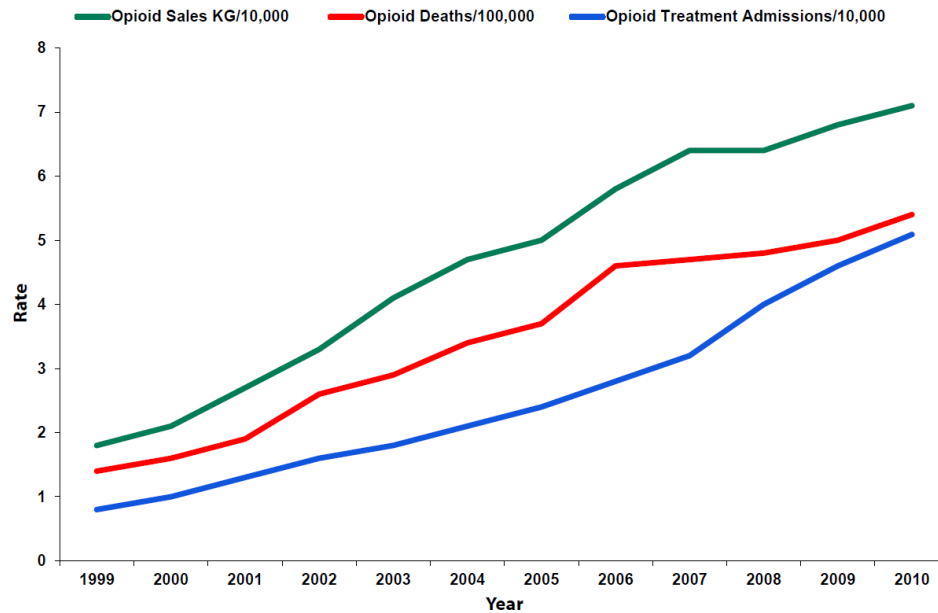


- Etc.

\*Synthetic Opioid Examples: Oxycodone, Morphine, Methadone, Codeine, Fentanyl & Hydrocodone. Hydrocodone combination products became Schedule II Controlled Substances in October 2014.

# National Rx Trends

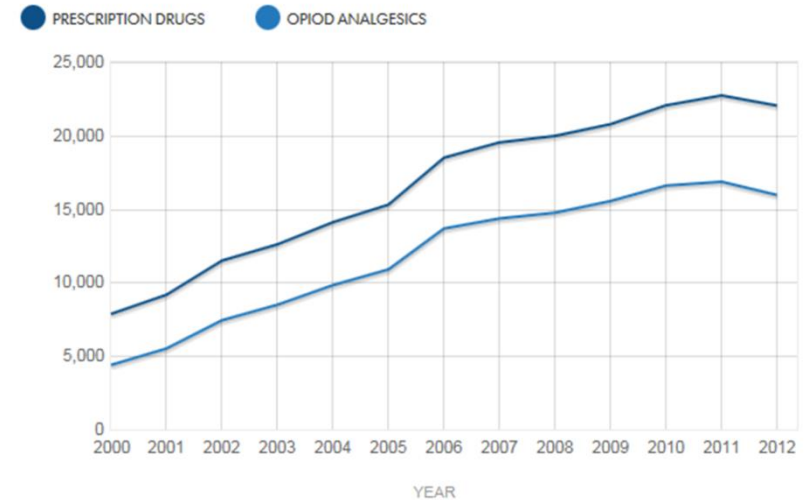
## U.S. Opioid Sales, OD Deaths & Treatment 1999-2010



DEA, 2013

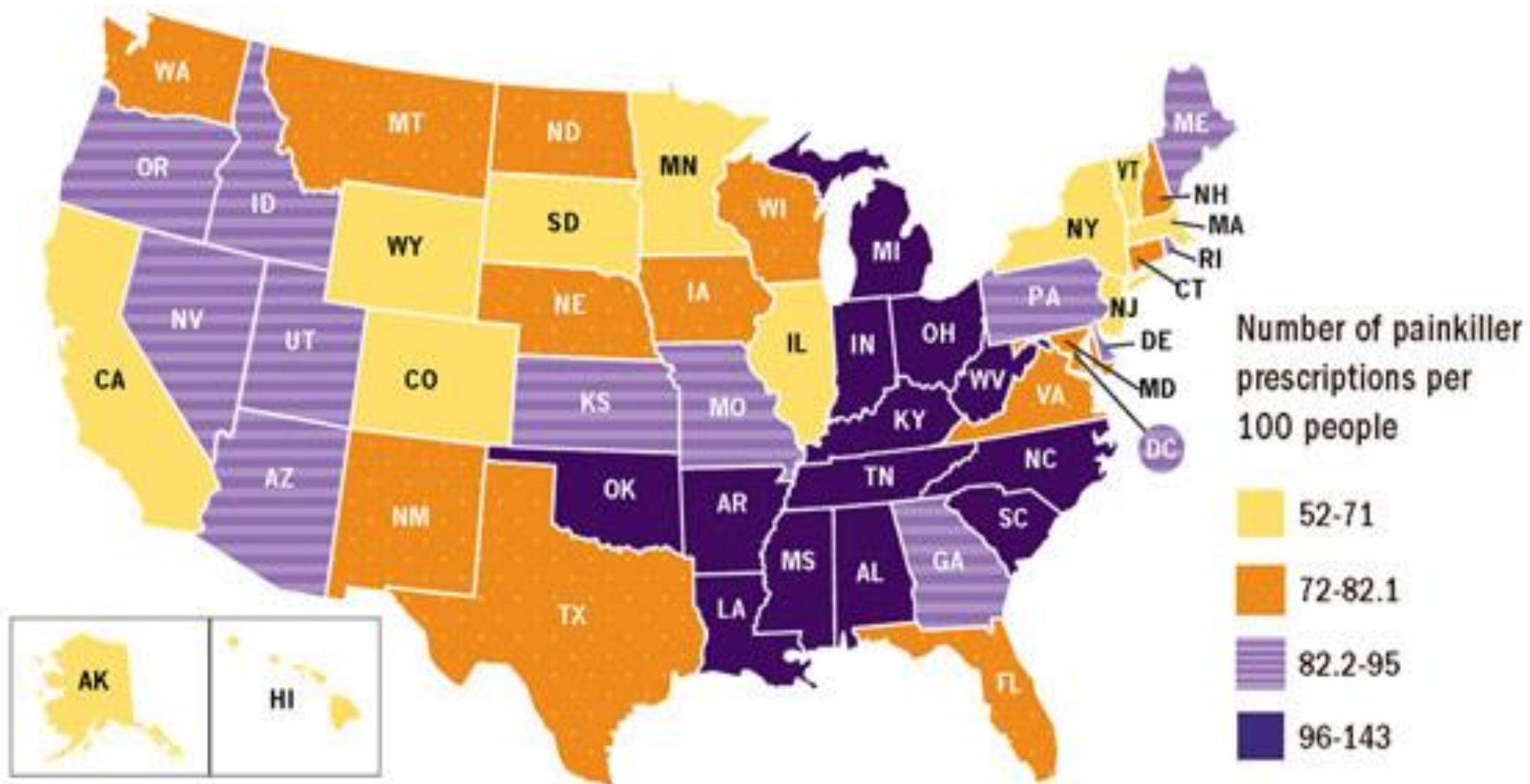
## PRESCRIPTION DRUG DEATHS DROP

Poisoning and overdose deaths from prescription opioid pain relievers dropped in 2012, driving down the overall deaths from prescription drugs by 3% over the previous year.



Centers for Disease Control National Center for Health Statistics  
Julie Snider, USA TODAY

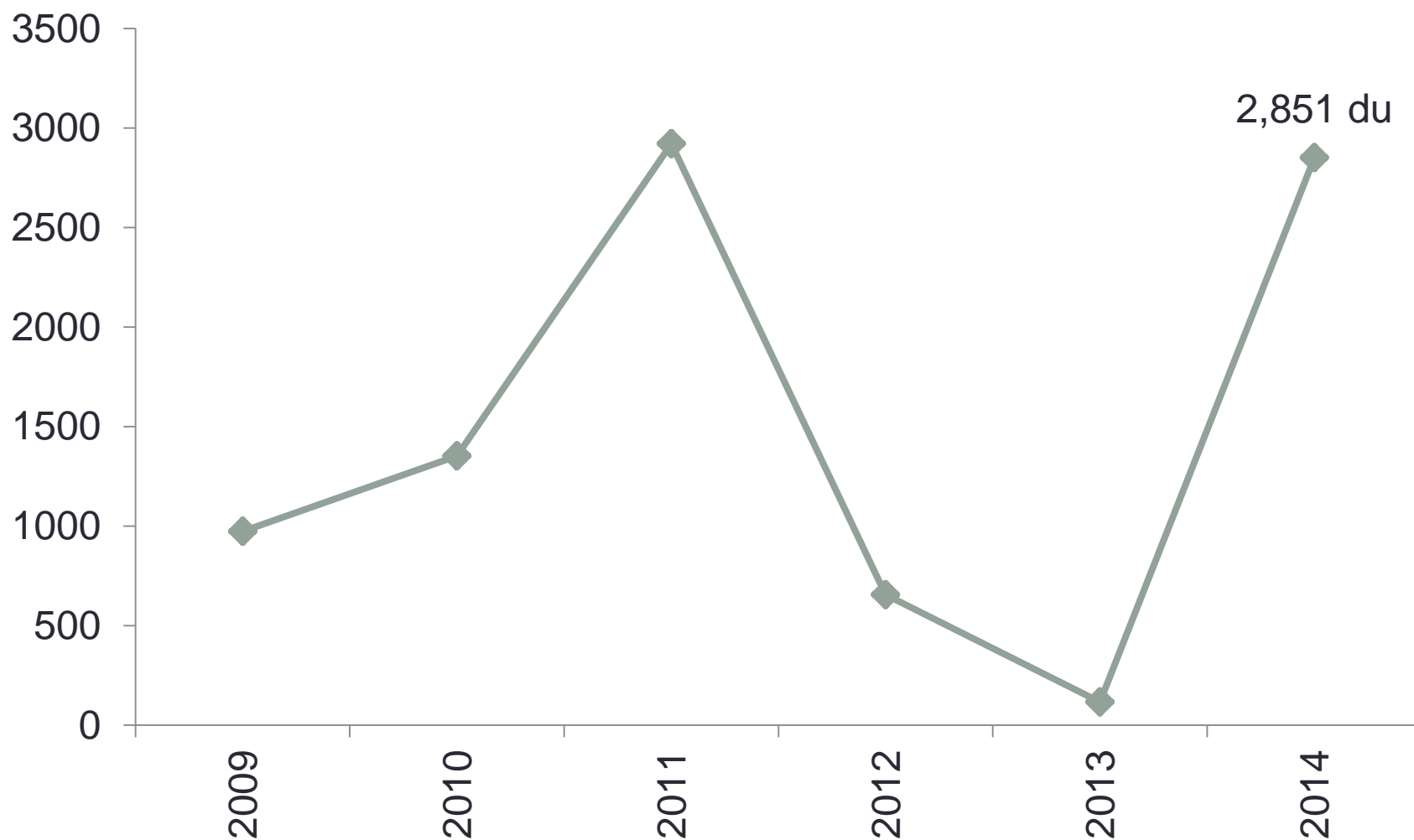
# Pain Reliever Prescriptions: By State





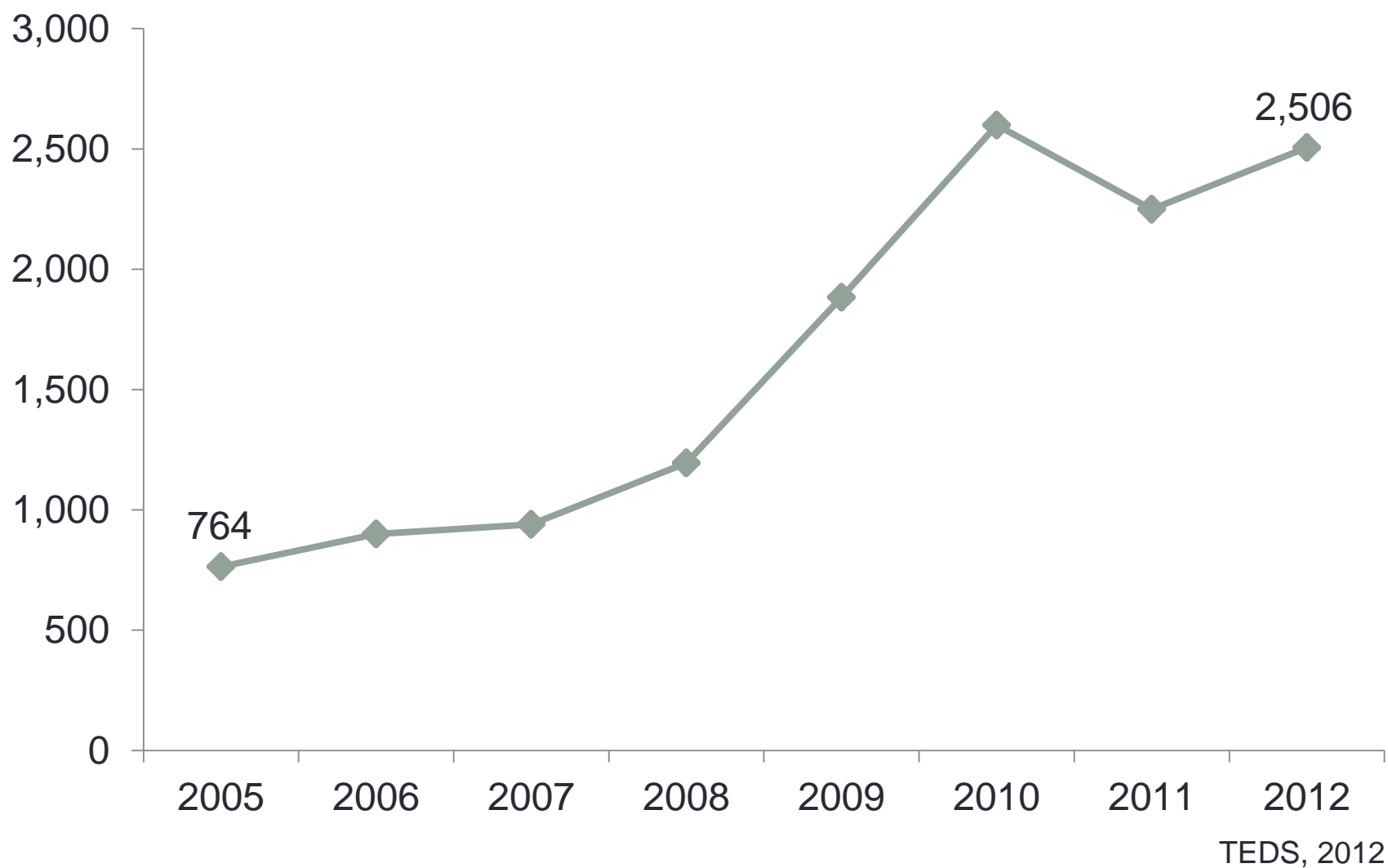
# Controlled Prescription Drug Seizures

In Dosage Units by Iowa Division of Narcotics Enforcement Agents



# Iowa Drug Treatment: *Numbers*

Any Abuse of Non-Heroin Opiates & Synthetics Reported at Admission



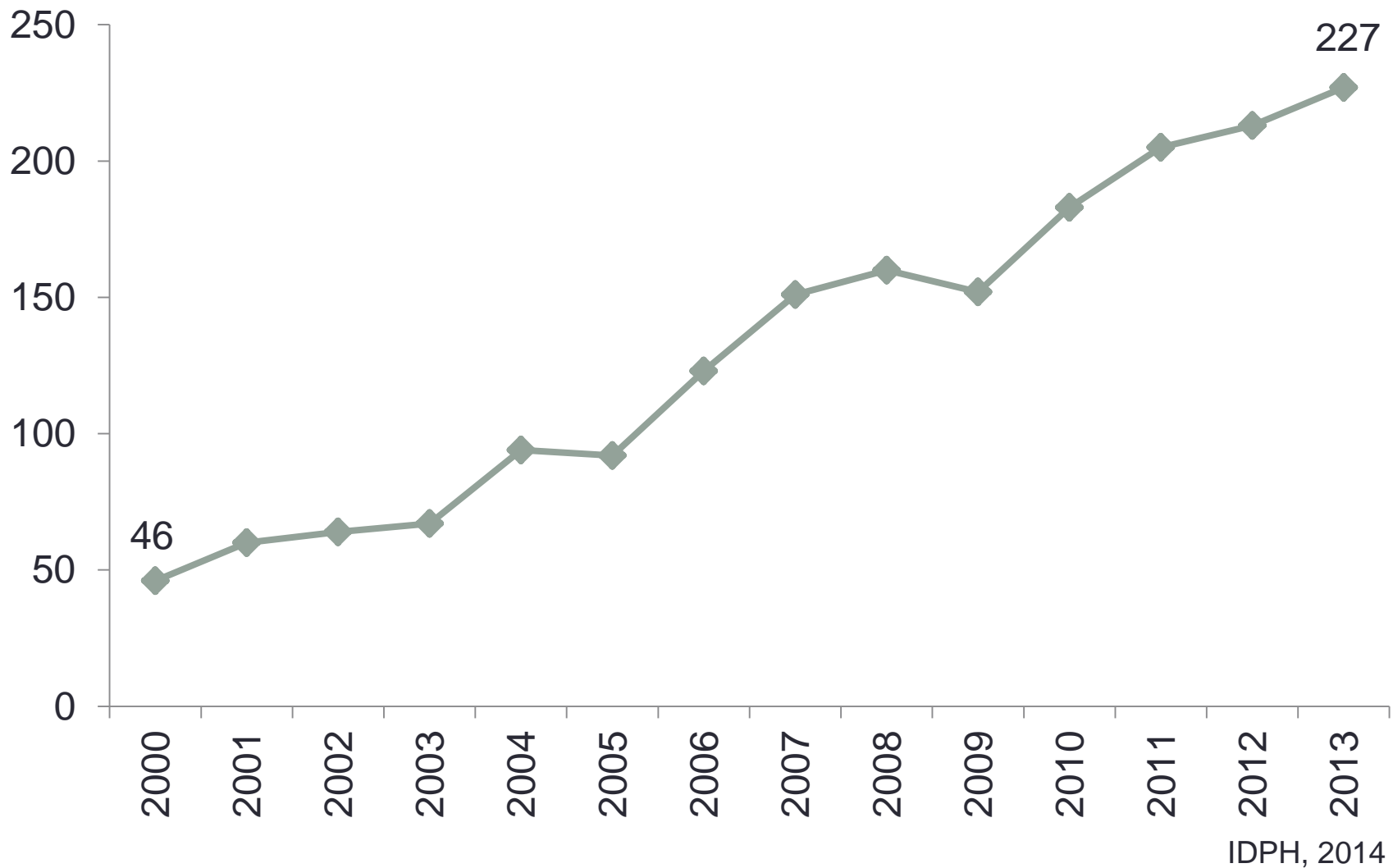
# Iowa Opioid-Related ER Visits

Opioid Use as Causal or Contributing Factor



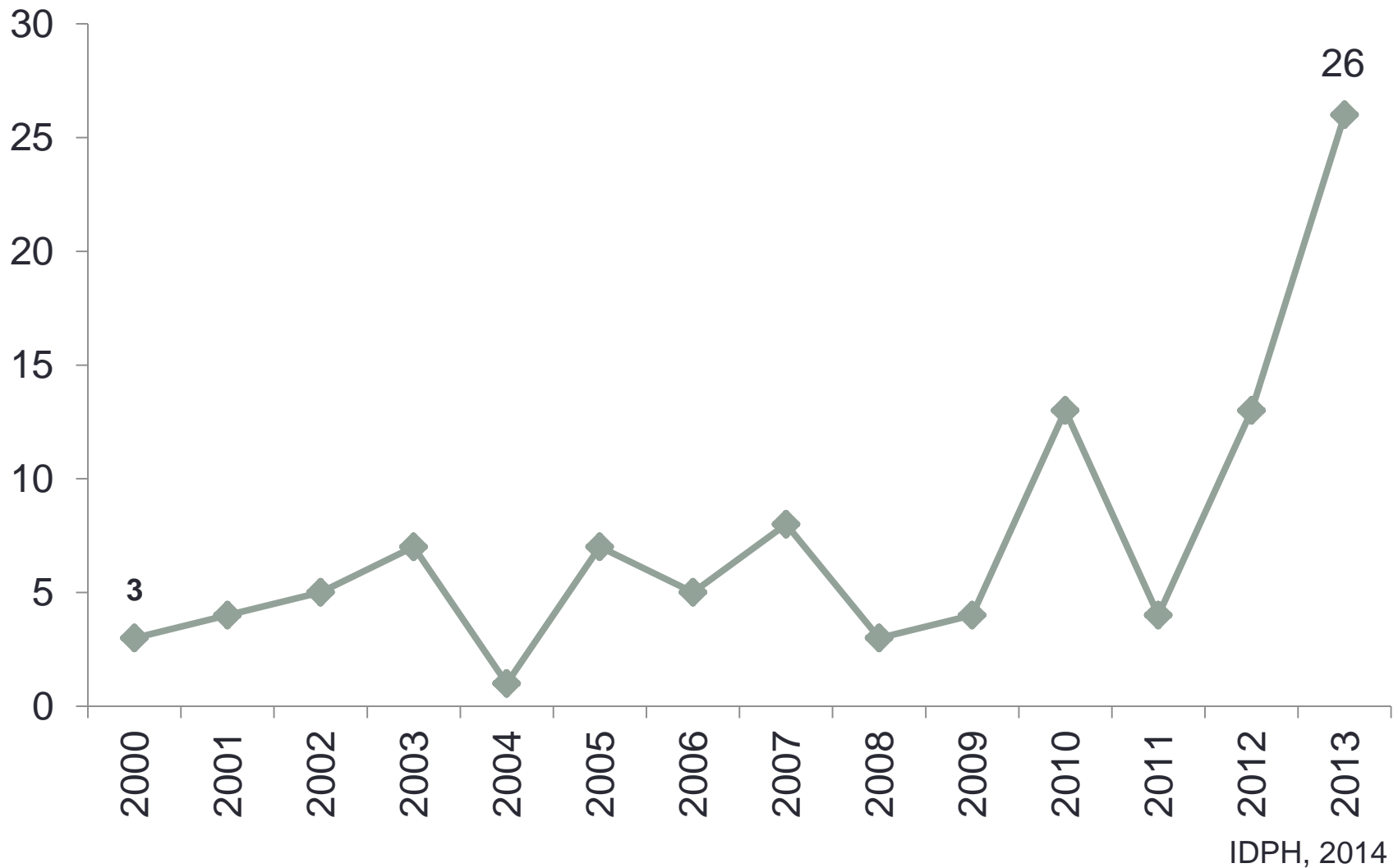
IDPH, 2014

# Iowa Drug-Related OD Deaths: *All Drugs*



# Iowa Drug-Related OD Deaths: *Stimulants*

Rx Psycho-stimulants with Abuse Potential



# Iowa Drug-Related OD Deaths: *Pain Relievers*

Rx Methadone, Other Opioids & Other Synthetic Narcotics



# Heroin



# Rx Pain Reliever-Heroin Connection

Oxycodone Combinations (Percocet®) = \$7-\$10/tab

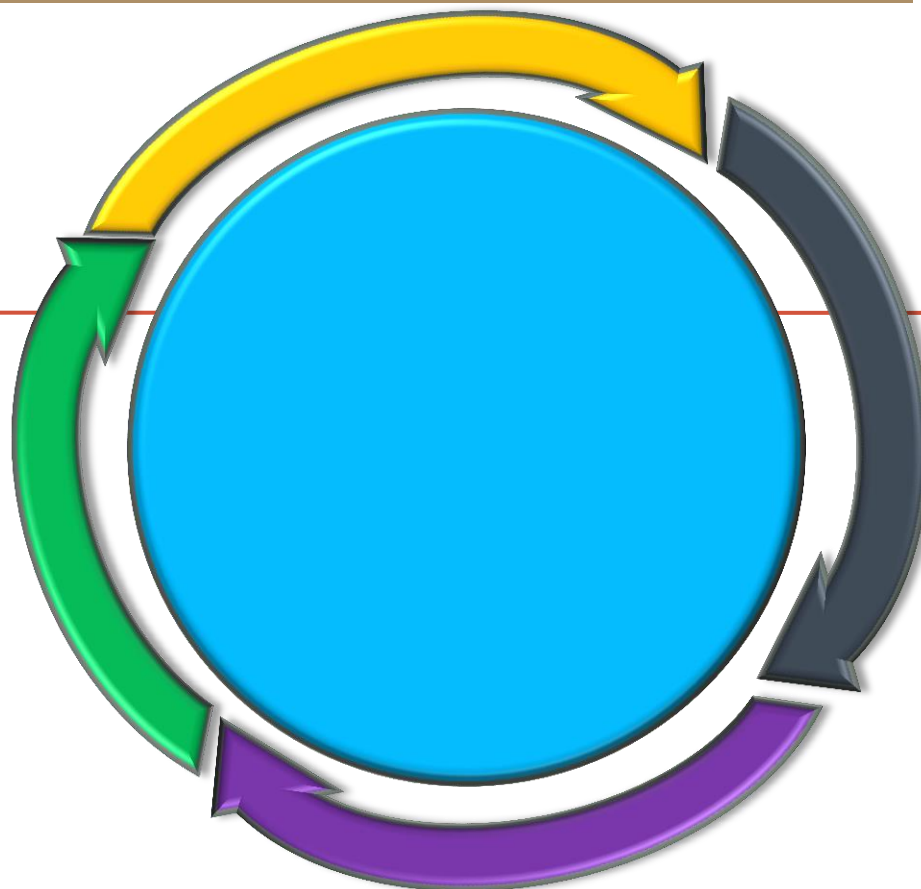
OxyContin®  
= \$80/tab

Hydrocodone  
(Lorcet®)  
= \$5-\$7/tab

Roxicodone®  
Oxycodone IR  
15mg, 30mg  
= \$30-\$40/tab

Heroin = \$10/bag

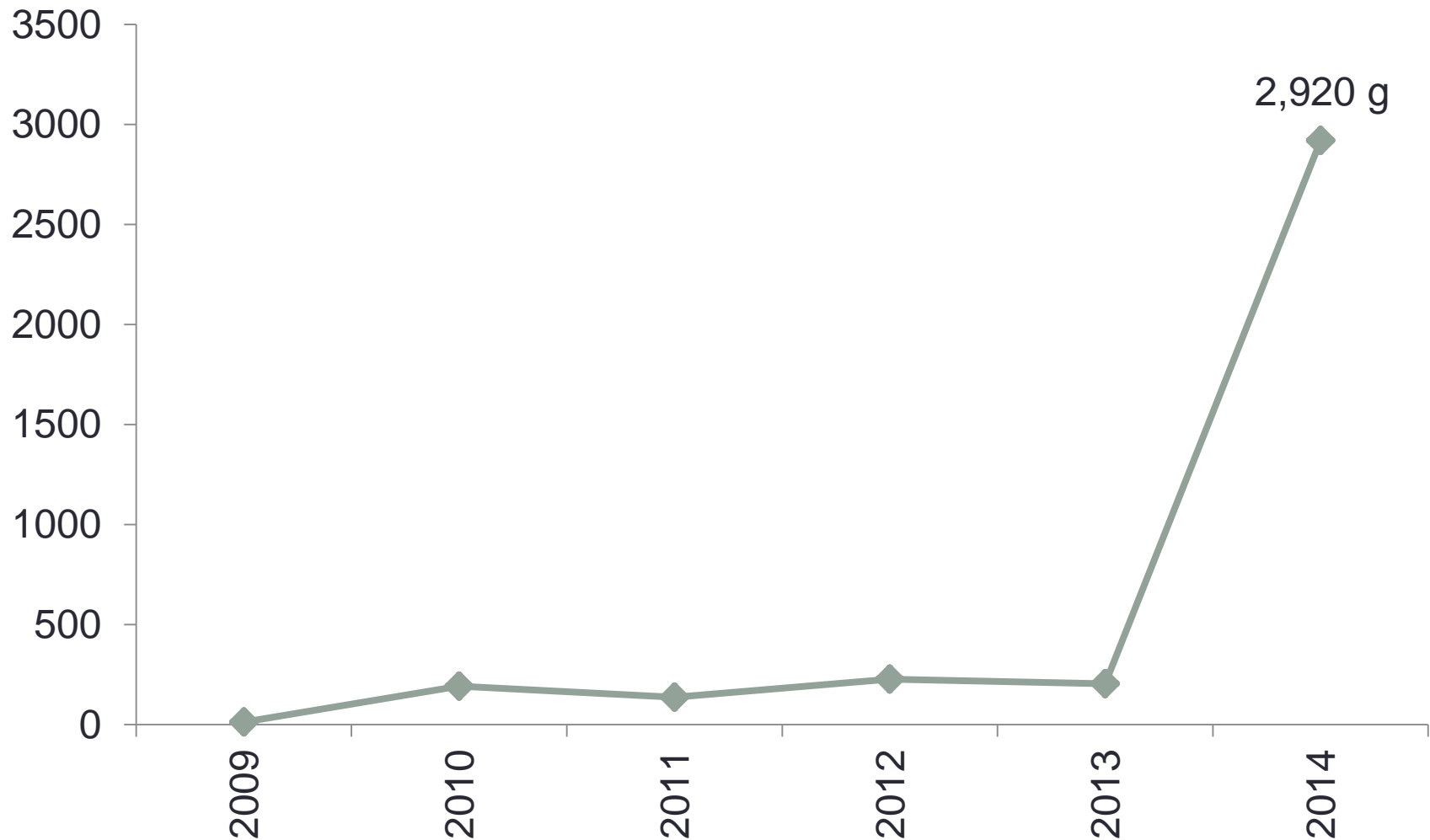
DEA, 2013



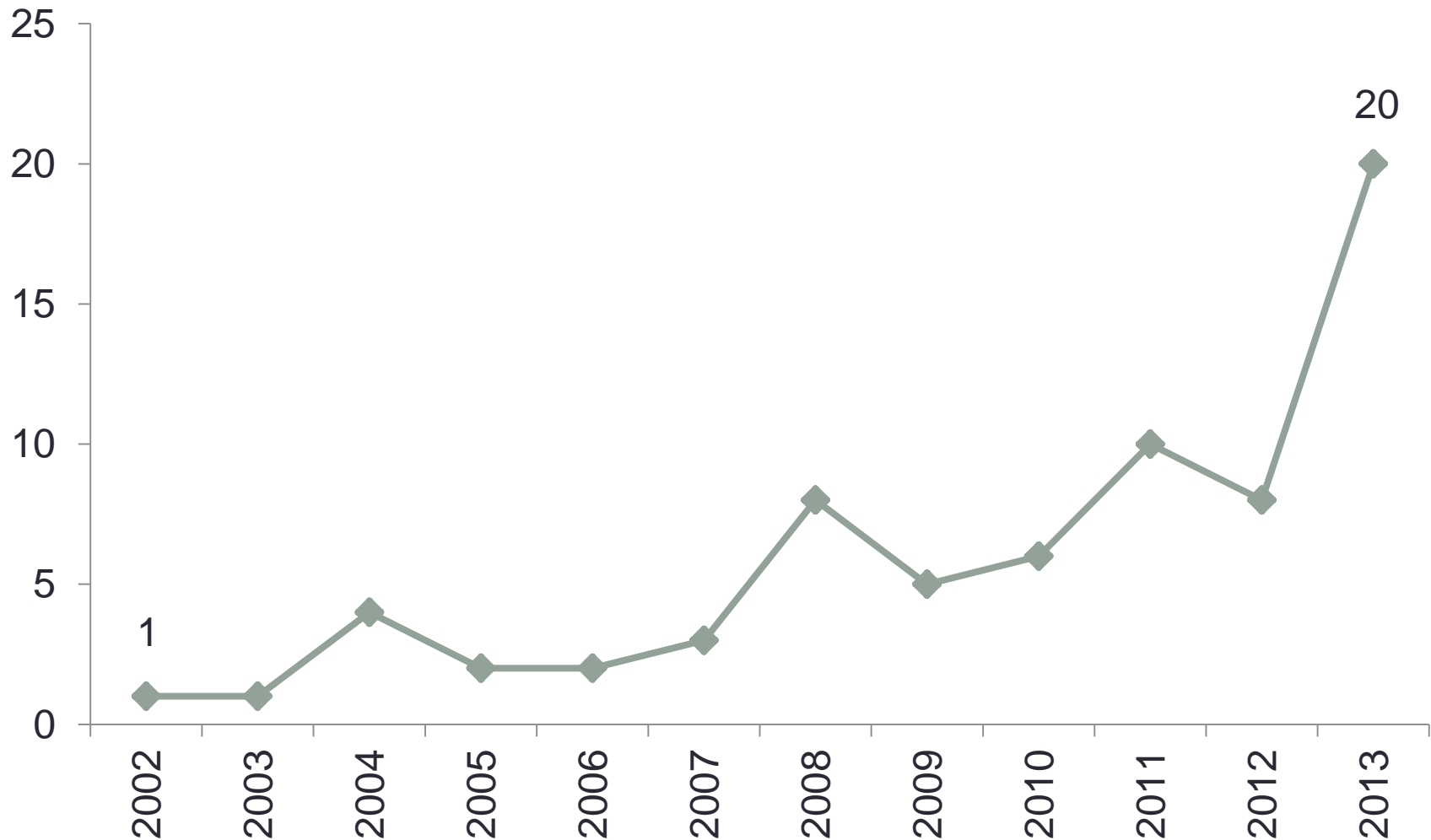


# Heroin Seizures

In Grams by Iowa Division of Narcotics Enforcement Agents



# Iowa Drug-Related Overdose Deaths: *Heroin*



# Ease of Access & Perceptions of Safety



## Classmates hospitalized after sharing medication

The Hoyt Middle School students had taken the unidentified drug at school. Teachers noticed their odd behavior.

## Girl's overdose should be 'lesson,' stepfather says

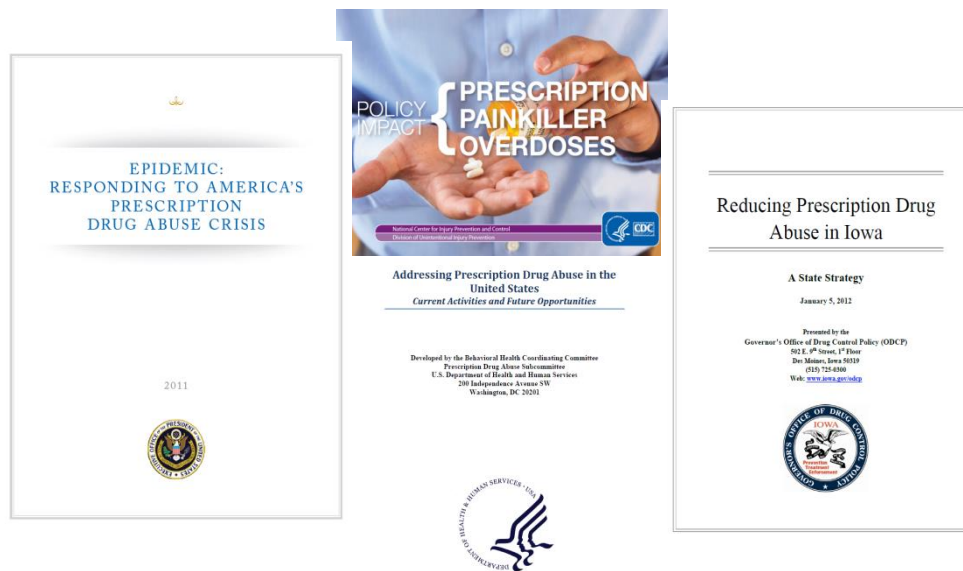
She and four other Des Moines middle-schoolers took a parent's prescription drug; one of them remains hospitalized.



# Attitudes Drive Behavior

- 56% say it's easy to get prescription drugs from their parent's medicine cabinet.
- 42% who have misused or abused a prescription drug obtained it from their parent's medicine cabinet.
- 49% of teens who misuse or abuse prescription medicines obtained them from a friend.
- 27% of teens mistakenly believe abusing prescription drugs is safer than using street drugs.
- 16% of parents believe using prescription drugs to get high is safer than using street drugs.

# Response to Reduce Rx Abuse: Iowa Plan



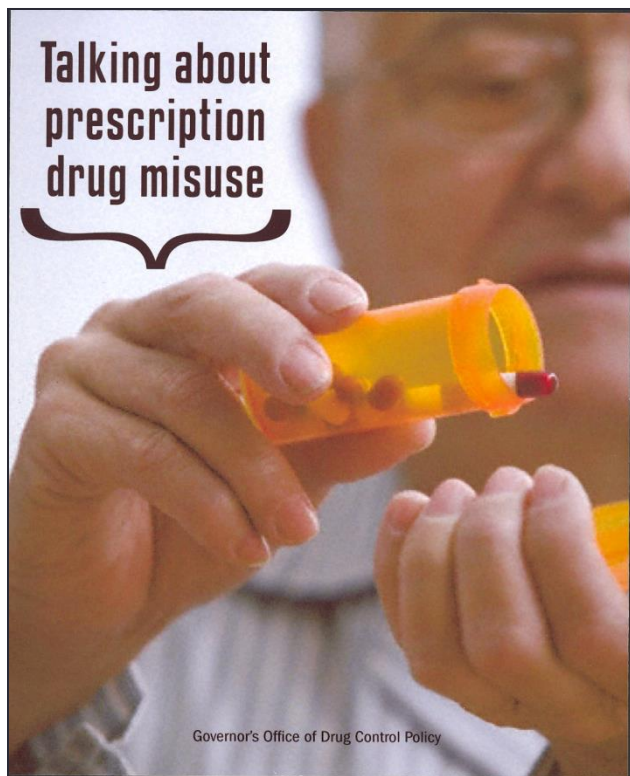
Education & Intervention

Secure Storage & Safe Disposal

Monitoring

Enforcement

# Med-ED & Rx Abuse Prevention



# Disposing of Medicines in the Home

**Take Backs:** Community “Take Backs” are a good way to remove expired, unwanted, or unused medicines from the home.



**Law Enforcement Collection:** Law enforcement agencies may collect expired, unwanted, or unused pharmaceutical controlled substances medicines from ultimate users.

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**Household Trash:** Mix de-identified medicines (do not crush tablets or capsules) with substances such as kitty litter or used coffee grounds and place the mixture in a container such as a sealed plastic bag and throw the container in your household trash.



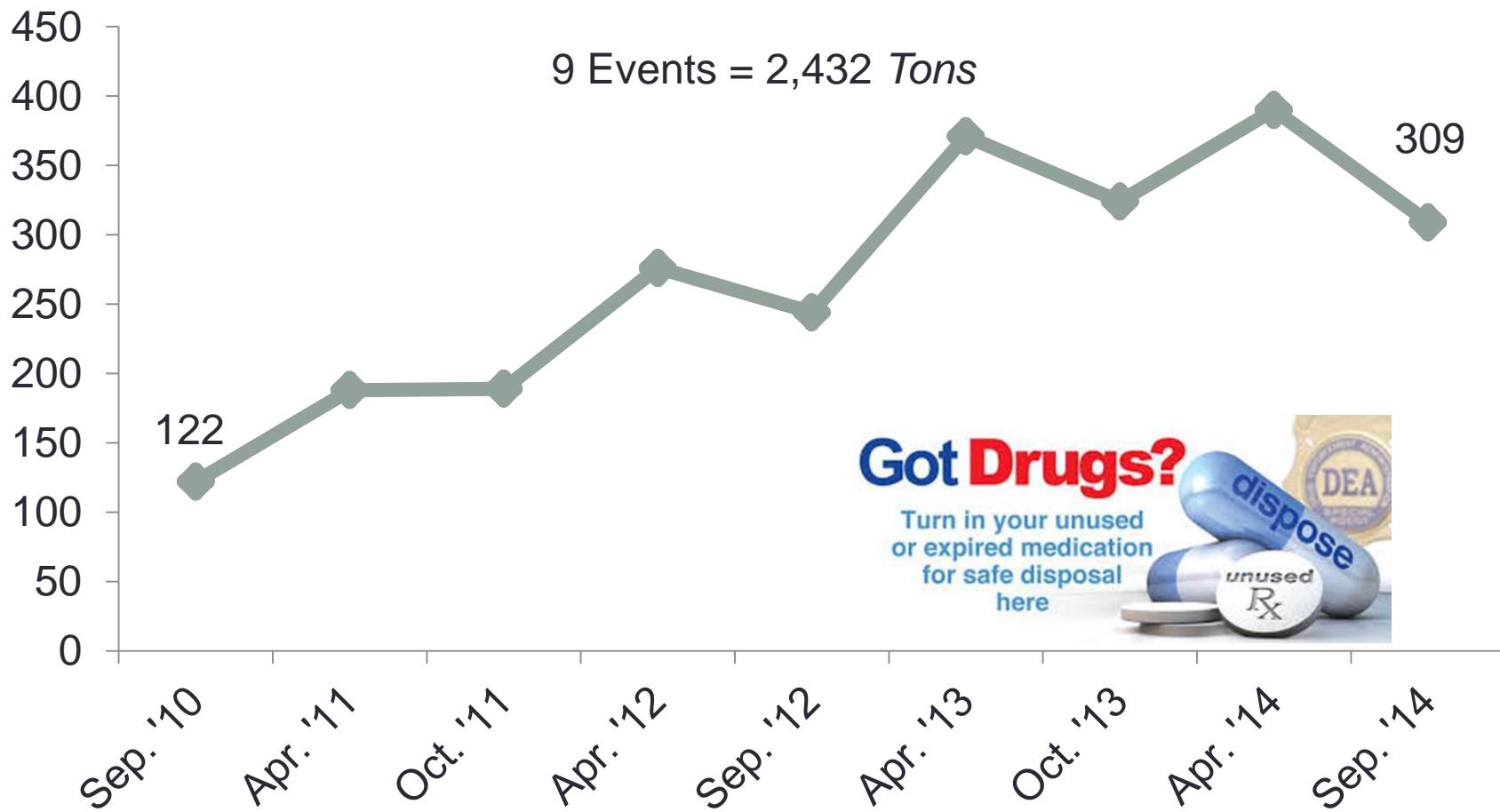
**Flushing:** Only select medicines have specific instructions to flush down the sink or toilet when they are no longer needed.





# U.S. “Take-Back” Initiative

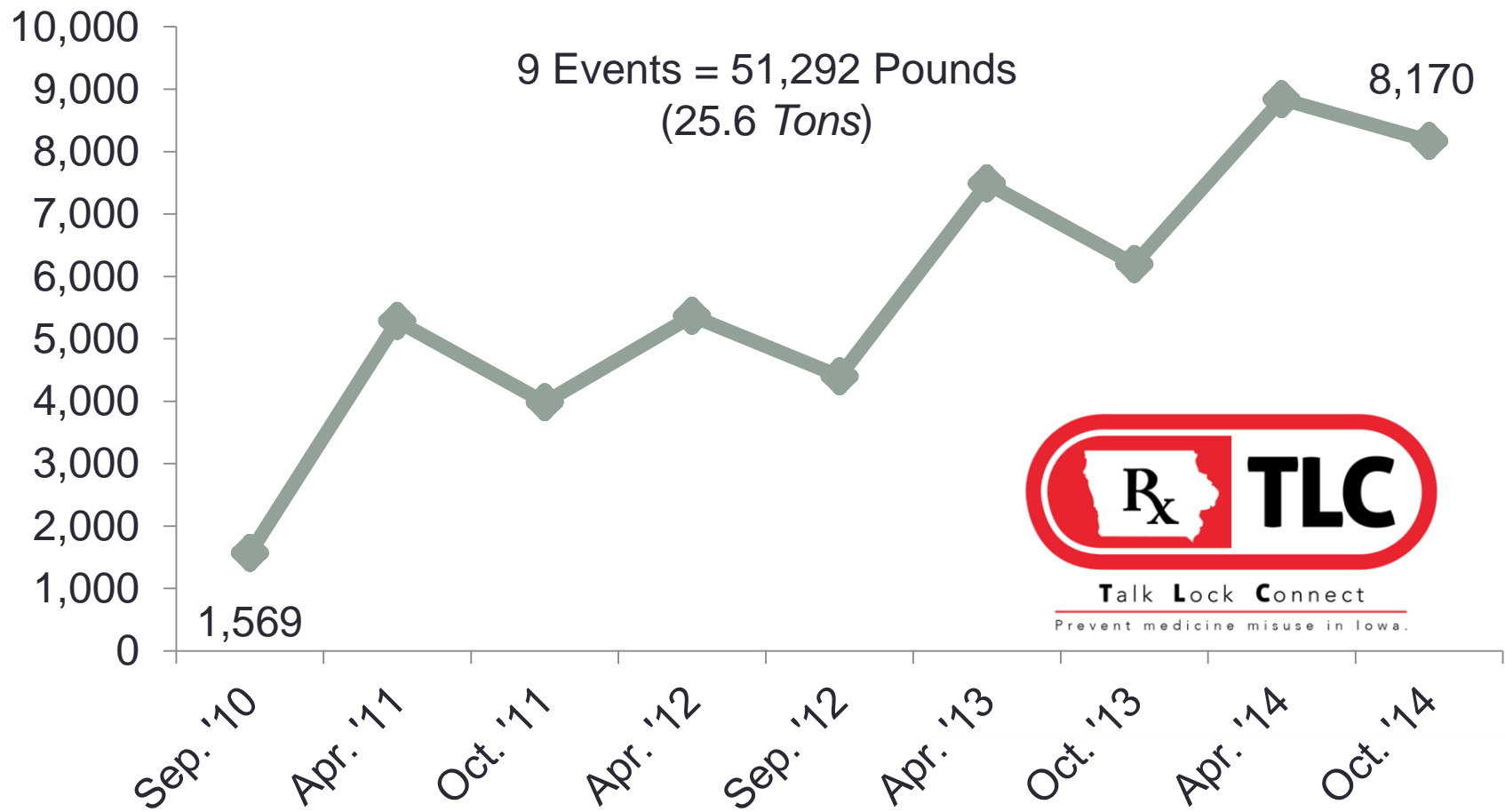
Amount (in Tons) of Rx Drugs Collected





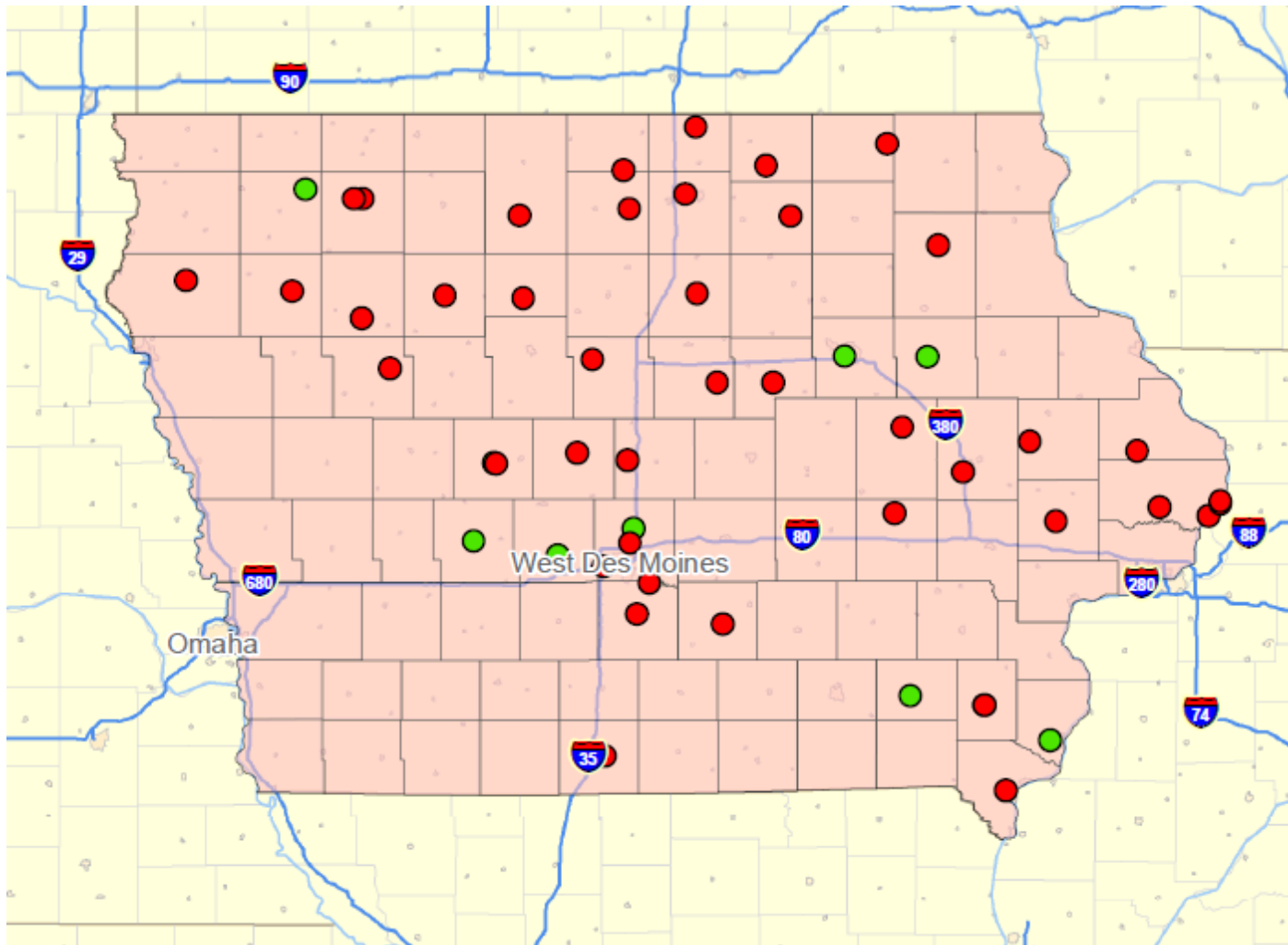
# Iowa “Take-Back” Initiative

Amount (in Pounds) of Rx Drugs Collected

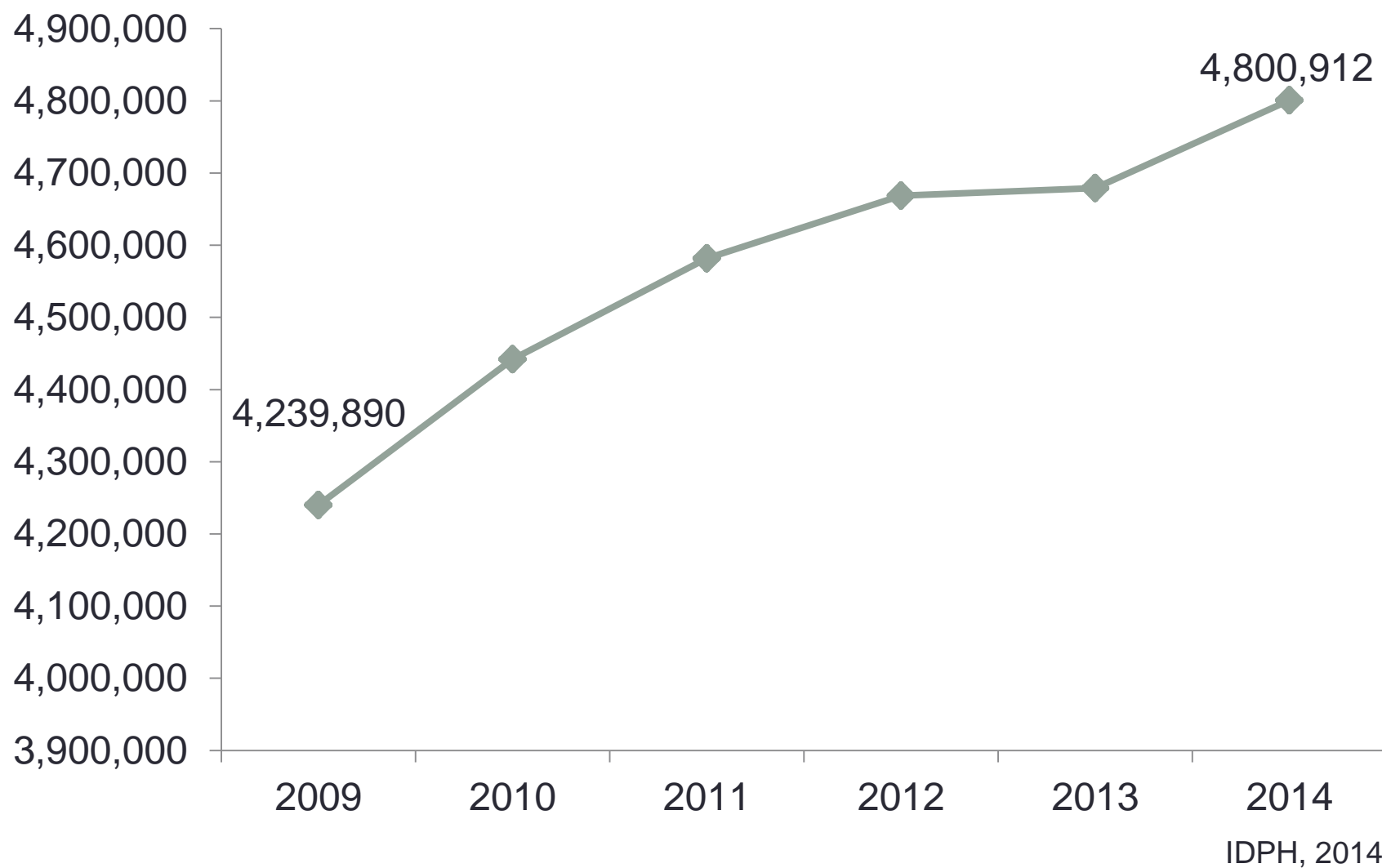


# Iowa Permanent Rx “Take Back” Sites

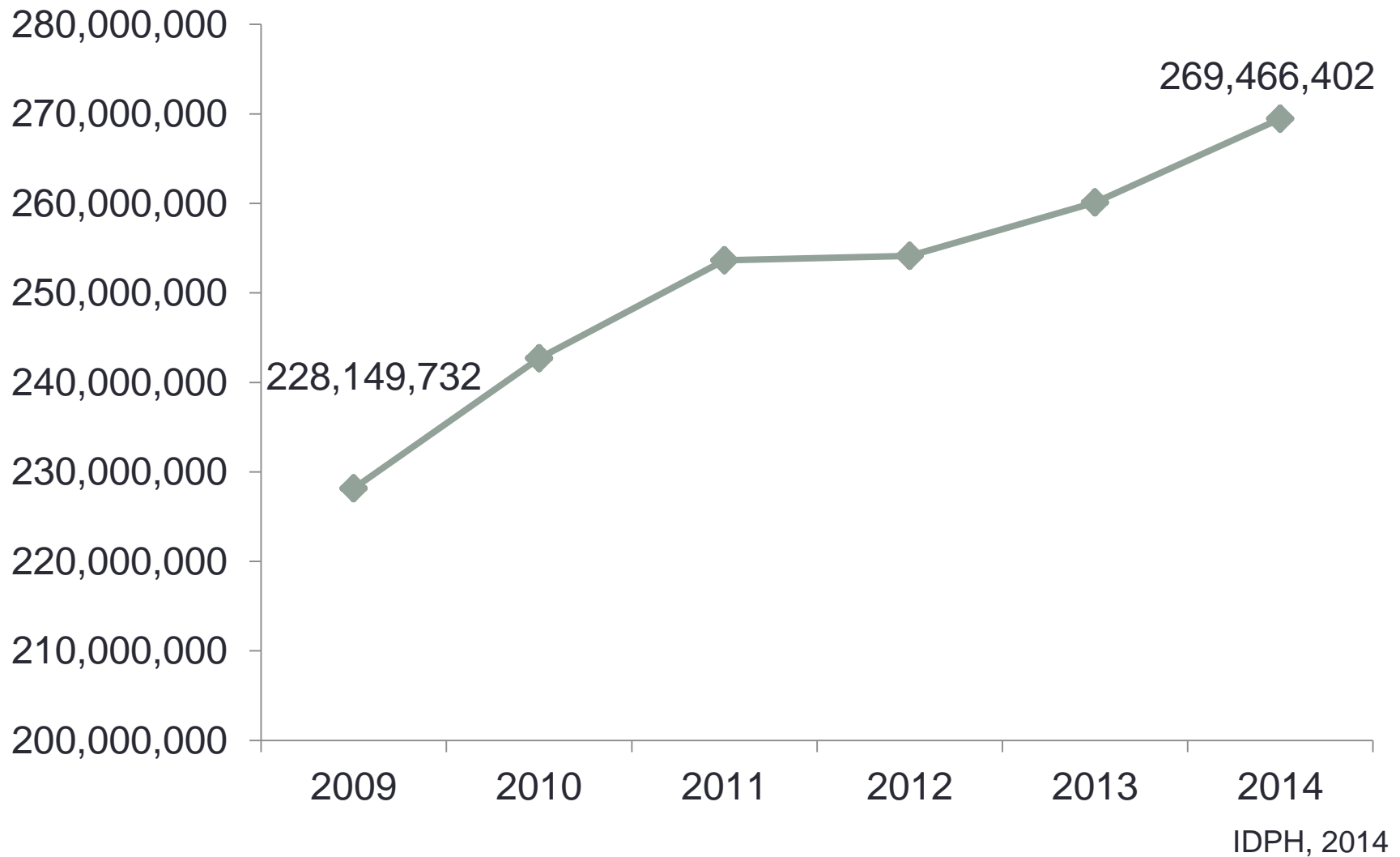
## Controlled Prescription Drugs



## Iowa PMP: *Total Prescriptions Dispensed*

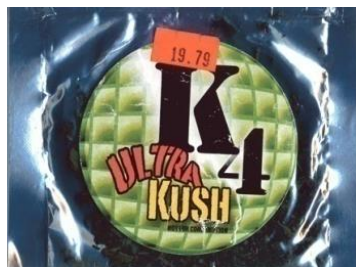


# Iowa PMP: *Prescription Doses Dispensed*





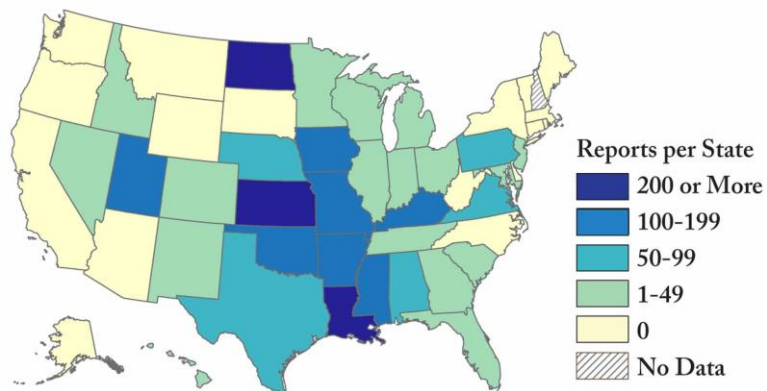
# Synthetic Drugs



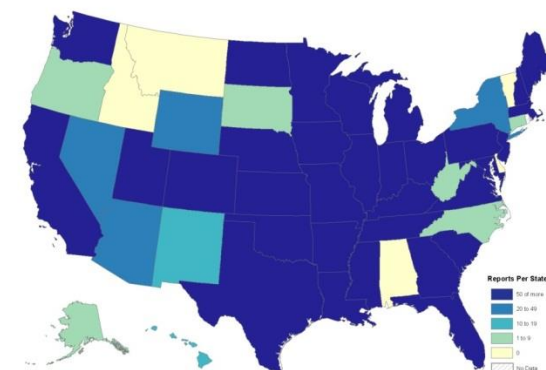
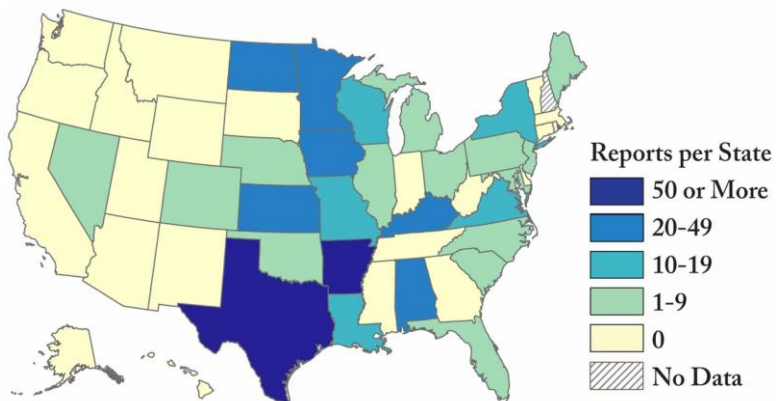
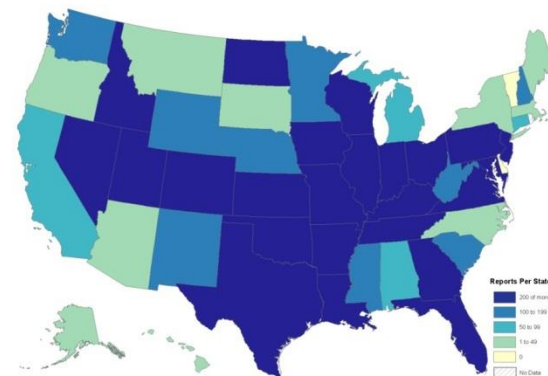
# Synthetic Cannabinoids & Cathinones

## Hallucinogens & Stimulants by State

2010



2012



DEA, 2013

# Signs & Symptoms

## *Synthetic Cannabinoids*



- Nausea, Vomiting
- Drowsiness
- Agitation
- Dyspnea (shaking)
- Palpitations
- Headache, Dizziness
- Seizures
- Panic, Anxiety
- Hallucinations
- Hypertension
- Tachycardia
- Paranoia
- Aggressive Behavior
- Suicidal Tendencies



# Signs & Symptoms

## Synthetic *Cathinones*



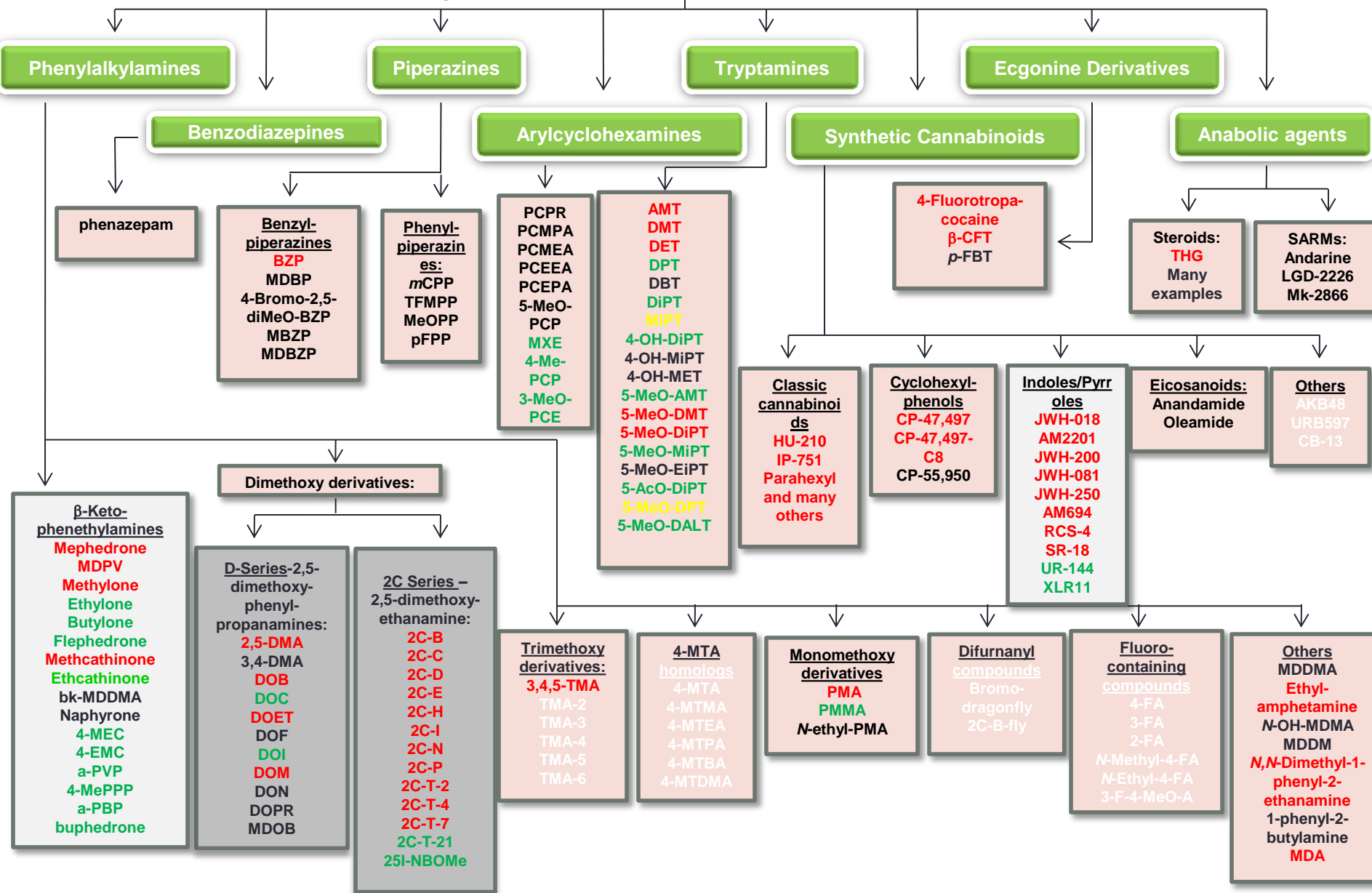
- Nausea, Vomiting
- Sleeplessness
- Agitation
- Palpitations
- Shortness of Breath
- Headache, Dizziness
- Seizures
- Panic, Anxiety
- Hallucinations, Delusions
- Hypertension
- Tachycardia
- Paranoia
- Violence
- Suicidal Tendencies



# The Chemistry

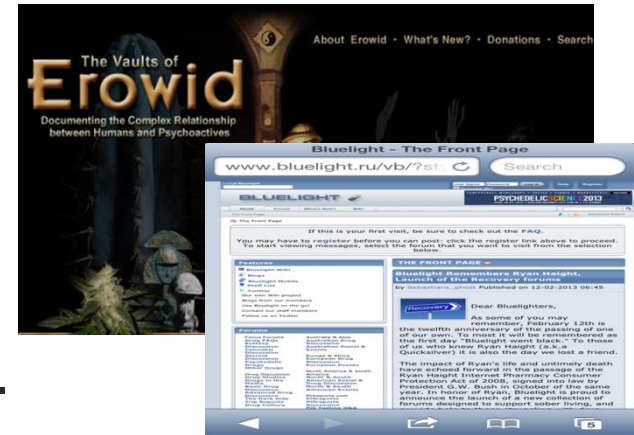
## Designer Drugs

Red = Controlled substance  
Yellow = Positional isomer, controlled by definition  
Green = Determined to be controlled substance analogue



# Parents & Key Influencers Make a Difference

- Drug use is a preventable behavior.  
Drug addiction is a treatable disease.
- Teenagers who learn about the dangers of drugs through ongoing dialogue at home are up to 50% less likely to ever use drugs.
- Illegal means unsafe, but legal substances can also be unsafe when not used as intended.
- One of the most frequent reasons cited by drug free teenagers for their decision to not use drugs is the fear of disappointing their parents.



## Drug Trends in Iowa: *Summary*

- Alcohol remains Iowa's most abused addictive substance.
- Iowans' appetite for meth remains strong, fed by cartels.
- Marijuana is Iowa's most used illicit substance, & is morphing into new more potent forms.
- Medicine/Opioid abuse is Iowa's fastest growing form of substance abuse...leading to more heroin use too.
- Synthetic drugs are a fast-changing threat to Iowa youth.
- With exceptions, Iowans generally abuse drugs at rates below many other states...& Iowa youth substance abuse is declining. Challenges remain, now & in the future.

QUESTIONS?  
THANK YOU. STAY SAFE!

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Iowa Governor's Office of Drug Control Policy  
[www.iowa.gov/odcp](http://www.iowa.gov/odcp)